



'The difference between the one who remembers Allah ﷻ and the one who doesn't remember Allah ﷻ is like the difference between the living and the dead.'

[Ṣaḥīḥ Al-Bukhārī]



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# وَإِيَّاكَ نَسْتَعِينُ

'and You alone we ask for help'

**eBook**

Supplications for Morning, Evening and Protection





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# وَإِيَّاكَ نَسْتَعِينُ

‘and You alone we ask for help’

Supplications for Morning, Evening and Protection

The Messenger of Allah ﷺ said, ‘Allah the Almighty said: ‘I am as My servant thinks I am . I am with him when he makes mention of Me. If he makes mention of Me to himself, I make mention of him to Myself; and if he makes mention of Me in an assembly, I make mention of him in an assembly better than it. And if he draws near to Me a hand's span, I draw near to him an arm's length. And if he comes to Me walking, I go to him at speed.’

[*Ṣaḥīḥ al-Bukhārī & Ṣaḥīḥ Muslim*]

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## Transliteration Chart

## جَدْوَلُ التَّشْكِيلِ

Letter	Transliteration	Letter	Transliteration
ا	a	ط	ṭ
ب	b	ظ	ẓ
ت	t	ع	‘
ث	th	غ	gh
ج	j	ف	f
ح	ḥ	ق	q
خ	kh	ك	k
د	d	ل	l
ذ	dh	م	m
ر	r	ن	n
ز	z	و	w
س	s	هـ	h
ش	sh	هـ اذى	’
ص	ṣ		
ض	ḍ		

### Short Vowels

a َ

i ِ

u ُ

### Long Vowels

ā َا

ī ِي

ū ُو

### Diphthongs

aw َاو

ai َاي

### Double Letters

—

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝ الرَّحْمَنُ  
الرَّحِيمُ ۝ مَلِكُ يَوْمِ الدِّينِ ۝ إِيَّاكَ نَعْبُدُ وَ  
إِيَّاكَ نَسْتَعِينُ ۝ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝  
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ  
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝

(All) praise is (due) to Allah, Lord of the worlds. The Entirely Merciful, the Especially Merciful. Sovereign of the Day of Recompense. You we worship and You we ask for help. Guide us to the straight path. The path of those upon whom You have bestowed favour, not of those who have evoked anger nor of those who are astray.



## Preface

In this life every person experiences misfortune, grief and anxiety. When we are afflicted with a hardship, there is a natural tendency to want to turn to someone. There is an underlying hope that this assistance will in some way alleviate our suffering and resolve our difficulties.

What we need to realise is that the absolute ability to eradicate any adversity and provide relief to the entire creation belongs to the Creator, Allah ﷻ alone.

أَتَمَّنْ يُجِيبُ الْمُضْطَرَّ إِذَا دَعَا وَ يَكْفِي السَّوْءَ ...

'Is He (not best) who responds to the desperate one when he calls upon Him and removes evil...' [Al-Naml: 62]

In order to be free from grief and anxiety we need to remember Allah ﷻ abundantly, especially in the mornings and in the evenings. As Allah ﷻ says:

يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا ۝ وَسَبِّحُوهُ بُكْرَةً وَأَصِيلًا ۝

'O you who have believed, remember Allah ﷻ with much remembrance. And exalt Him morning and afternoon. [Al-Ahzāb: 41-42]

It is also essential to bear in mind that the best way to remember Allah ﷻ is in the manner taught to us by Allah ﷻ Himself:

فَاذْكُرُوا اللَّهَ حَسْبَ عِلْمِكُمْ مَا لَمْ تَكُونُوا تَعْلَمُونَ

...then remember Allah, as He has taught you that which you did not [previously] know. [Al-Baqarah: 239]

Accordingly, we should avoid the use of self-innovated methods and adhere to that which we have been clearly commanded. That is why in addition to words of remembrance for the morning and evening, this book contains supplications for the afflictions of anxiety and sorrow, and protection from evil and misfortune supported with evidences from the authentic Sunnah of the Holy Prophet ﷺ.

Reciting these supplications from the heart with utmost humility will prove beneficial, *InshāAllāh*.

May Allah ﷻ grant us all the ability to remember Him and be grateful to Him. *Amīn*.

Farhat Hashmi,  
October, 2012

## Praise and Glorification

1. سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ.

*Subhān Allāhi wa bi ḥamdihi subhān Allāhil 'aẓīmi*

2. اللَّهُ أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ كَثِيرًا وَسُبْحَانَ اللَّهِ

بُكْرَةً وَأَصِيلًا.

*Allāhu Akbaru kabīra(n)w wal ḥamdulillāhi kathīra(n)w wa  
subhān Allāhi bukrata(n)w wa aṣīlan*

Peace and Blessings upon  
the Messenger of Allah ﷺ

1. اَللّٰهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ.

*Allāhumma ṣalli 'alā Muḥammadi(n)w wa 'alā āli Muḥammadin*

2. اَللّٰهُمَّ صَلِّ عَلَى مُحَمَّدٍ عَبْدِكَ وَرَسُولِكَ

كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَبَارَكْتَ عَلَى مُحَمَّدٍ

وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى

إِبْرَاهِيمَ وَآلِ إِبْرَاهِيمَ.

*Allāhumma ṣalli 'alā Muḥammadin 'abdika wa rasūlika kamā  
ṣallaita 'alā Ibrāhīma wa bārik 'alā Muḥammadi(n)w wa 'alā  
āli Muḥammadin kamā bārakta 'alā Ibrāhīma wa āli Ibrāhīma*



Supplications for  
Morning and Evening



## Supplications for Morning and Evening

1. سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِينَةَ

(Thrice in the morning)

عَرْشِهِ وَمَدَادَ كَلِمَاتِهِ.

*Subhān Allāhī wabi ḥamdihī, 'adada khalqihī, wa riḍa nafsihī, wa zinata 'arshihī, wa midāda kalimatihī*

2. اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَةٌ

وَلَا نَوْمٌ ۚ لَهُ مَا فِي السَّمُوتِ وَمَا فِي الْأَرْضِ ۚ

مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ ۚ

يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۚ

وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ۚ

وَسِعَ كُرْسِيُّهُ السَّمُوتِ وَالْأَرْضَ ۚ

وَلَا يَئُودُهُ حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ الْعَظِيمُ.

(Once in the morning and evening)

*Allāhu lā ilāha illā huwal ḥayyul qayyūmu, lā ta'khudhuhū sinatu(n)w walā nawmun, lahū mā fis samāwāti wa mā fil arḍi, man dhaladhī yashfa'u 'indahū illā bi idhnihi, ya'lamu mā baina aidihim wa mā khalfahum, wa lā yuḥīṭūna bi shai'ī(n)m min 'ilmihī illā bimā sha'a, wasī'a kursiyuhus samāwāti wal arḍa, wa lā ya'uduhū ḥifẓuhumā, wa huwal 'aliyyul 'aẓīmu.*

3. اَللّٰهُمَّ بِكَ اَصْبَحْنَا وَبِكَ اَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ

نَمُوتُ وَ اِلَيْكَ الْمَصِيْرُ.

(Once in the morning)

*Allāhumma bika aṣbaḥnā wa bika amsainā, wa bika naḥyā, wa bika namūtu wa ilaikal maṣīru.*

☆ In the evening say:

اَللّٰهُمَّ بِكَ اَمْسَيْنَا وَبِكَ اَصْبَحْنَا وَبِكَ نَحْيَا وَبِكَ

نَمُوتُ وَ اِلَيْكَ التَّشْوُرُ.

(Once in the evening)

*Allāhumma bika amsainā wa bika aṣbaḥnā, wa bika naḥyā, wa bika namūtu wa ilaikan nushūru.*

4. اَصْبَحْنَا عَلَى فِطْرَةِ الْاِسْلَامِ وَعَلَى كَلِمَةِ الْاِخْلَاصِ

وَعَلَى دِيْنِ نَبِيِّنَا مُحَمَّدٍ ﷺ وَعَلَى مِلَّةِ اَبْنَاءِ اِبْرَاهِيْمَ

حَنِيفًا مُّسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِيْنَ.

(Once in the morning and evening)

*Aṣbaḥnā 'alā fiṭratil islāmī, wa 'alā kalimatil ikhlāṣī, wa 'alā dīni nabiyyinā Muḥammadin (ṣallallāhu 'alaihi wasallam), wa 'alā millati abinā Ibrahima ḥanīfa(n)m muslima(n)w wamā kana minal mushrikīna.*

☆ In the evening say, اَمْسَيْنَا Amsainā instead of اَصْبَحْنَا Aṣbaḥnā



٥. اَللّٰهُمَّ فَاطِرَ السَّمٰوٰتِ وَالْاَرْضِ، عَالِمَ الْغَيْبِ وَالشَّهَادَةِ،

لَا اِلَهَ اِلَّا اَنْتَ رَبِّ كُلِّ شَيْءٍ وَمَلِيْكُهُ اَعُوْذُ بِكَ مِنْ  
شَرِّ نَفْسِيْ وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّكَهٖ وَاَنْ اَفْتَرِفَ عَلٰى  
نَفْسِيْ سُوْءًا اَوْ اَجْزَّهٖ اِلٰى مُسْلِمٍ .

(Once in the morning and evening)

Allāhumma fāṭiras samāwāti wal arḍi, 'ālim al ghaibi wash shahādati, lā ilāha illā anta rabba kulli shai' i(n)w wa malikahu, a'udhubika min sharri nafsi, wa min sharri shaitāni wa shirkihī, wa an aqtarija 'alā nafsi su' an aw ajurrahū ilā muslimin.

٦. اَصْبَحْنَا وَ اَصْبَحَ الْمُلْكُ لِلّٰهِ وَالْحَمْدُ لِلّٰهِ لَا اِلَهَ اِلَّا  
اللّٰهُ وَحْدَهُ لَا شَرِيْكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ  
عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ، رَبِّ اَسْأَلُكَ خَيْرَ مَا فِيْ هٰذَا الْيَوْمِ  
وَ خَيْرَ مَا بَعْدَهُ وَاَعُوْذُ بِكَ مِنْ شَرِّ مَا فِيْ هٰذَا الْيَوْمِ وَ شَرِّ  
مَا بَعْدَهُ، رَبِّ اَعُوْذُ بِكَ مِنَ الْكَسْلِ وَسُوْءِ الْكِبَرِ رَبِّ  
اَعُوْذُ بِكَ مِنَ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ .

(Once in the morning)

Aṣḥabnā wa aṣḥaḥal mulku lillāhi wal ḥamdu lillāhi, lā ilāha

illAllāhu, waḥdahū lā sharīka lahū, laḥul mulku wa laḥul ḥamdu wa huwa 'alā kulli shai' in qadīrun, rabbi as 'aluka khaira mā fi hādhal yawmi, wa khaira mā ba 'dahū, wa a'udhubika min sharri mā fi hādhal yawmi wa sharri mā ba'dahū, rabbi a'udhubika minal kasali wa sū'il kibari, rabbi a'udhubika min 'adhābin fin nāri wa 'adhābin fil qabri.

☆ In the evening read it as:

اَمْسَيْنَا وَ اَمْسَى الْمُلْكُ لِلّٰهِ وَالْحَمْدُ لِلّٰهِ لَا اِلَهَ اِلَّا اللّٰهُ  
وَ حُدَّهُ لَا شَرِيْكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلٰى  
كُلِّ شَيْءٍ قَدِيْرٌ، رَبِّ اَسْأَلُكَ خَيْرَ مَا فِيْ هٰذِهِ اللَّيْلَةِ وَ  
خَيْرَ مَا بَعْدَهَا وَاَعُوْذُ بِكَ مِنْ شَرِّ مَا فِيْ هٰذِهِ اللَّيْلَةِ وَ شَرِّ  
مَا بَعْدَهَا، رَبِّ اَعُوْذُ بِكَ مِنَ الْكَسْلِ وَسُوْءِ الْكِبَرِ، رَبِّ  
اَعُوْذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ .

(Once in the evening)

Amsainā wa amsal mulku lillāhi wal ḥamdu lillāhi, lā ilāha illAllāhu, waḥdahū lā sharīka lahū, laḥul mulku wa laḥul ḥamdu wa huwa 'alā kulli shai' in qadīrun, rabbi as 'aluka khaira mā fi hādhihil lailati, wa khaira mā ba'dahā, wa a'udhubika min sharri mā fi hādhihil lailati wa sharri mā ba'dahā, rabbi a'udhubika minal kasali wa sū'il kibari, rabbi a'udhubika min 'adhābin fin nāri wa 'adhābin fil qabri.

7. رَضِيتُ بِاللّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا.

(Once in the morning)

Raḍītu billāhi Rabba(n)w wa bil islāmi dīna(n)w wa bi Muḥammadin nabīyyan.

8. أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ.

(Once in the evening)

A 'ūdhu bi kalimātillāhit tām̄mātī min sharri mā khalaqa.

9. بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ

وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ.

(Thrice in the morning and evening)

Bismillāhil ladhī lā yaḍurru ma' asmihi shai'un fil arḍi wa lā fis sama'i wa huwas samī'ul 'alīmu.

10. اَللّٰهُمَّ عَافِنِيْ فِيْ بَدَنِىْ، اَللّٰهُمَّ عَافِنِيْ فِيْ سَمْعِيْ، اَللّٰهُمَّ

عَافِنِيْ فِيْ بَصَرِيْ لَا إِلَهَ إِلَّا أَنْتَ.

(Thrice in the morning and evening)

Allāhumma 'āfinī fī badanī, Allāhumma 'āfinī fī sam'ī, Allāhumma 'āfinī fī baṣarī, lā ilāha illā anta.

11. اَللّٰهُمَّ اِنِّىْ اَعُوْذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ، اَللّٰهُمَّ اِنِّىْ

اَعُوْذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ.

(Thrice in the morning and evening)

Allāhumma innī a 'ūdhubika minal kufri wal faqri, Allāhumma innī a 'ūdhubika min 'adhābil qabri, lā ilāha illā anta.

12. يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِيْ شَأْنِيْ

كُلَّهُ وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ.

(Once in the morning and evening)

Yā Hayyu Yā Qayyūmu bi raḥmatika astaghīthu, aṣliḥ lī sha'nī kullahu, wa lā takilnī ilā nafsi'ī ṭarfata 'ainin.

13. اَللّٰهُمَّ أَنْتَ رَبِّىْ، لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِيْ وَأَنَا عَبْدُكَ

وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوْذُ بِكَ

مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ

بِدُنْيِيْ فَاعْفُ عَنِّي إِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ.

(Once in the morning and evening)

Allāhumma anta rabbī lā ilāha illā anta khalaqtanī wa ana 'abduka wa ana 'alā 'ahdika wa wa'dika mastata'tu a 'ūdhubika min sharri mā ṣana'tu abū'u laka bi ni'matika 'alaiya wa abū'u bi dhambī faghfir lī innahū lā yaghfirudh dhunūba illā anta.

14. اَللّٰهُمَّ اِنِّىْ اَسْأَلُكَ الْعَافِيَةَ فِى الدُّنْيَا وَالْآخِرَةِ، اَللّٰهُمَّ

اِنِّىْ اَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِى دِيْنِىْ وَدُنْيَاىْ وَاَهْلِىْ  
وَمَالِىْ، اَللّٰهُمَّ اسْرِعْ عَوْرَاتِىْ وَآمِنْ رَوْعَاتِىْ، اَللّٰهُمَّ  
احْفَظْنِىْ مِنْ بَيْنِ يَدَيَّْ وَمِنْ خَلْفِىْ وَعَنْ يَمِيْنِىْ وَعَنْ  
شِمَالِىْ وَمِنْ فَوْقِىْ وَاَعُوْذُ بِعَظَمَتِكَ اَنْ اُغْتَالَ مِنْ  
تَحْتِىْ.

(Once in the morning and evening)

Allāhumma innī as'alukal 'afiyata fid dunyā wal ākhirati,  
Allāhumma innī as'alukal 'afwa wal 'afiyata fī dīni wa dunyāya,  
wa ahlī wa māli, Allāhummastur 'awrātī wa āmi(n)r raw'ātī,  
Allāhummhfaznī mim bainī yadayya wa min khalfī, wa'a(n)y  
yamīnī wa 'an shimālī wa min fawqī wa a'ūdhubi 'azamatika an  
ughtāla min taḥī.

15. بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

قُلْ هُوَ اللّٰهُ اَحَدٌ ۝ اللّٰهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ  
يَكُنْ لَهُ كُفُوًا اَحَدٌ ۝

(Thrice in the morning and evening)

Bismillāhir Raḥmānir Raḥīm.

Qul huwAllāhu aḥadun. Allāhuṣ ṣamadū. Lam yalid wa lam  
yūlad. Wa lam yaku(n)l laḥu kufiūwan aḥadun.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

16

قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ  
خَاسِقٍ اِذَا وَقَبَ ۝ وَمِنْ شَرِّ النَّفّٰثِۃِ فِى الْعُقَدِ ۝ وَمِنْ شَرِّ  
حَاسِدٍ اِذَا حَسَدَ ۝

(Thrice in the morning and evening)

Bismillāhir Raḥmānir Raḥīm.

Qul a'ūdhubi rabbil falaqi. Min sharri mā khalaqa. Wa min  
sharri ghāsiqin idhā waqaba. wa min sharrin naffāthāti  
fil'uqadi. Wa min sharri ḥāsadin idhā ḥasada.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

17

قُلْ اَعُوْذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ اِلٰهِ النَّاسِ ۝ مِنْ  
شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِى يُّوسْوِسُ فِى صُدُوْرِ  
النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ ۝

(Thrice in the morning and evening)

Bismillāhir Raḥmānir Raḥīm.

Qul a'ūdhubi rabbīn nāsi. Malikin nāsi. ilāhin nāsi. Min sharri  
waswāsil khannāsi. Alladhī yuwaswisu fī ṣudūrin nāsi. Minal  
jinnati wannāsi.

18. لَا اِلٰهَ اِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيْكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ

الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

(Once in the morning and evening)

*Lā ilāha illā Allāhu waḥdahū lā sharīka lahu, lahu'l mulku wa lahu'l ḥamdu, wa huwa 'alā kulli shai' in qadīrun.*

19. سُبْحَانَ اللَّهِ وَبِحَمْدِهِ. (100 times in the morning and evening)

*SubḥānAllāhi wa biḥamdihi.*

20. اَسْتَغْفِرُ اللَّهَ. (100 times in the morning)

*Astaghfirullah*

### Supplication of a Traveller in the Morning

21. سَمِعَ سَامِعٌ بِحَمْدِ اللَّهِ وَحُسْنِ بَلَاءِهِ عَلَيْنَا، رَبَّنَا

صَاحِبِنَا وَأَفْضَلُ عَلَيْنَا عَائِدًا بِاللَّهِ مِنَ النَّارِ.

*Sami'a sāmiu(n)m bi ḥamdillāhi wa ḥusni balā'ihī 'alainā, rabbana ṣāḥibnā wa afḍil 'alainā 'ā'idha(n)m billahi min an-nāri.*



## Supplications for Protection



## Supplications for Protection

1. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ مُنْكَرَاتِ الْاُخْلَاقِ  
وَالْاَعْمَالِ وَالْاَهْوَاءِ.

*Allāhumma innī a'ūdhubika min munkarātīl akhlāqī, wal ā'mālī wal ahwā'ī.*

2. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ شَرِّ مَا عَمِلْتُ وَمِنْ شَرِّ مَا  
لَمْ اَعْمَلْ.

*Allāhumma innī a'ūdhubika min sharri mā 'amiltu wa min sharri mā lam a'mal.*

3. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ الْبَرَصِ وَالْجُنُوْنِ وَالْجُدَامِ  
وَسَيِّءِ الْاَسْقَامِ.

*Allāhumma innī a'ūdhubika minal baraṣī, wal junūnī, wal judhāmī, wa sayyī'il asqāmī.*

4. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ ضَيِّقِ الدُّنْيَا، وَضَيِّقِ يَوْمِ  
الْقِيَامَةِ.

*Allāhumma innī a'ūdhubika min ḍiqid dunyā wa ḍiqi yawmīl qiyāmatī.*

5. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ قَوْلٍ لَا يُسْمَعُ وَعَمَلٍ لَا  
يُرْفَعُ وَقَلْبٍ لَا يَخْشَعُ وَعِلْمٍ لَا يَنْفَعُ.

*Allāhumma innī a'ūdhubika min qawli lā yusma 'u wa 'amali(n) lā yurfā 'u wa qalbi lā yaksh-sha 'u wa 'ilmillā yanfa 'u.*

6. لَا اِلٰهَ اِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيْكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ  
الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيْرٌ.

*Lā ilāha illā Allāhu waḥdahū lā sharīka lahu, lahul mulku wa lahul ḥamdu, wa huwa 'alā kulli shai 'in qadīrun.*

7. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ جَهْدِ الْبَلَاءِ وَدَرَكِ الشَّقَاءِ  
وَسُوْءِ الْقَضَاءِ وَشَمَاتَةِ الْاَعْدَاءِ.

*Allāhumma innī a'ūdhubika min jahdil balā'ī wa darakish shaqā'ī wa sū 'il qaḍā'ī wa shamātātīl a'dā'ī.*

8. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ الْفَقْرِ وَالْقِلَّةِ وَالذِّلَّةِ وَاَعُوْذُبِكَ  
مِنْ اَنْ اُظْلِمَ اَوْ اُظْلَمَ.

*Allāhumma innī a'ūdhubika minal faqri wal qillatī wadh dhillatī wa a'ūdhubika min an aẓlima aw uẓlama.*

13. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ  
وَالْهَرَمِ وَالْبُخْلِ وَالْبُخْلِ وَاَعُوْذُبِكَ مِنْ عَذَابِ الْقَبْرِ وَمِنْ فِتْنَةِ  
الْمَحْيَا وَالْمَمَاتِ.

*Allāhumma innī a'udhubika minal 'ajzi wal kasali wal jubni wal harami wal bukhlī wa a'udhubika min 'adhābil qabri wa min fitnatil mahyā wal mamātī.*

14. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ يَوْمِ السُّوْءِ وَمِنْ لَيْلَةِ السُّوْءِ  
وَمِنْ سَاعَةِ السُّوْءِ وَمِنْ صَاحِبِ السُّوْءِ وَمِنْ جَارِ السُّوْءِ  
فِى دَارِ الْمَقَامَةِ.

*Allāhumma innī a'udhubika min yawmis sū'i wa min laīlatis sū'i wa min sā'atis sū'i wa min ṣāhibis sū'i wa min jāris sū'i fī dāril muqāmātī.*

15. اَعُوْذُ بِاللّٰهِ اَنْ اَرُدَّ اِلَى اَرْدَلِ الْعُمْرِ وَاَعُوْذُ بِاللّٰهِ مِنْ  
الْبُخْلِ وَالْجُبْنِ وَاَعُوْذُ بِاللّٰهِ مِنْ فِتْنَةِ الصَّدْرِ وَبَغْيِ  
الرِّجَالِ.

*A'udhubillāhi an uradda ilā ardhalil 'umuri wa a'udhubika minal bukhlī wal jubnī wa a'udhubillāhi min fitnatīṣ ṣadri wa baghyir rijālī.*

9. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ زَوَالِ نِعْمَتِكَ وَتَحَوُّلِ  
عَافِيَتِكَ وَفُجَاءَةِ نِقْمَتِكَ وَجَمِيعِ سَخَطِكَ.

*Allāhumma innī a'udhubika min zawālī ni'matika wa taḥawwulī 'āfiyatika wa fujā'ati niqmatika wa jamī'i sakhaṭika.*

10. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ شَرِّ سَمْعِىْ وَمِنْ شَرِّ بَصْرِىْ  
وَمِنْ شَرِّ لِسَانِىْ وَمِنْ شَرِّ قَلْبِىْ وَمِنْ شَرِّ مِیْنِىْ.

*Allāhumma innī a'udhubika min sharri sam'i wa min sharri baṣarī baṣarī wa min sharri lisānī wa min sharri qalbī wa min sharri maniyyī.*

11. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا  
يَخْشَعُ وَمِنْ نَفْسٍ لَا تَشْبَعُ وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا.

*Allāhumma innī a'udhubika min 'ilmil lā yanfa'u wa min qalbī lā yakshā'u wa min nafsil lā tashba'u wa min da'watil lā yustajābu lahā.*

12. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ الْجُوعِ فَاِنَّهُ يَبْسُ الصَّغِيْعُ  
وَاَعُوْذُبِكَ مِنَ الْخِيَاَنَةِ فَاِنَّهَا يَبْسُ الْبَطَانَةُ.

*Allāhumma innī a'udhubika minal jū'i fa innahu bi'saḍ ḍa'i'ī u wa a'udhubika minal khiyānati fa innahā bi'satil biṭānati.*

16. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ عَذَابِ الْقَبْرِ، اَللّٰهُمَّ اِنِّىْ

اَعُوْذُبِكَ مِنْ عَذَابِ النَّارِ، اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ

اَلْفِتَنِ مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ، اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ

فِتْنَةِ الْاَعْوَرِ الْكَذَّابِ.

Allāhumma inni a'ūdhubika min 'adhābil qabri Allāhumma inni a'ūdhubika min 'adhābin nāri. Allāhumma inni a'ūdhubika min al fitani ma ṣāhara minhā wa mā baṭana. Allāhumma inni a'ūdhubika min fitnatil a'waril kadh-dhābi.

17. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ التَّرَدَّى وَالْهَدْمِ وَالْعَرَقِ

وَالْحَرِيْقِ وَاَعُوْذُبِكَ اَنْ يَّتَخَبَّطَنِى الشَّيْطَانُ عِنْدَ

اَلْمَوْتِ وَاَعُوْذُبِكَ اَنْ اَمُوْتُ فِى سَبِيْلِكَ مُدْبِرًا

وَاَعُوْذُبِكَ اَنْ اَمُوْتُ لَدِيْعًا.

Allāhumma inni a'ūdhubika minat taraddi wal hadmi wal gharaqi wal ḥarīqi, wa a'ūdhubika a(n)y yatakhabbataniyash shaiṭānu 'indal mawti, wa a'ūdhubika an amūta fi sabilika mudbira(n)w wa a'ūdhubika an amūta ladighan.

18. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ الْعُجْزِ وَالْكَسَلِ وَالْجُبْنِ

وَالْبُخْلِ وَالْهَرَمِ وَالْقُسُوَّةِ وَالْعَفْلَةَ وَالْعَيْلَةَ وَالذَّلَّةَ

وَالْمَسْكَنَةَ وَاَعُوْذُبِكَ مِنَ الْفَقْرِ وَالْكَفْرِ وَالْفُسُوْقِ

وَالشَّقَاقِ وَالنِّفَاقِ وَالسُّمْعَةَ وَالزِّيَاءَ وَاَعُوْذُبِكَ مِنْ

الصَّمَمِ وَالْبَكَمِ وَالْجُنُوْنِ وَالْجُدَامِ وَالْبَرَصِ وَسَيِّئِ

الْاَسْقَامِ.

Allāhumma inni a'ūdhubika minal 'ajzi, wal kasali, wal jubni, wal bukhli, wal harami, wal qaswati, wal ghaflati, wal 'ailati, wadh dhillati, wal maskanati, wa a'ūdhubika minal ṣaghi wal kufri wal fusūqi wash shiqāqi wan nifāqi, was sum'ati war riya'i, wa a'ūdhubika minas ṣamami wal bakami, wal junūni wal judhāmi wal baraṣi wa sayyi'il asqāmi.

19. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ جَارِ السُّوءِ، وَمِنْ زَوْجٍ

تُشِيْئُنِىْ قَبْلَ الْمَشِيْبِ، وَمِنْ وَلَدٍ يَكُوْنُ عَلٰى رَبٍّ، وَمِنْ

مَا لِيْ يَكُوْنُ عَلٰى عَذَابًا، وَمِنْ خَلِيْلٍ مَا كَرِهَتْهُ تَرَانِىْ،

وَقَلْبِيْ يَرْعَانِىْ اِنْ رَاى حَسَنَةً دَفَنَهَا، وَاِذَا رَاى سَيِّئَةً

اَدَاَعَهَا.

Allāhumma inni a'ūdhubika min jāris su'i wa min zawjin tushaiyibunī qablal mashībī wa min waladī(n)yakūnu 'alaiya rabban wa mi(n)m māli(n)yakunu 'alaiya 'adhāban wa min khalīlī(n)m mākirin 'ainuhu tarānī wa qalbuhu yar'ānī i(n)r ra'a ḥasanatan dafanahā wa idhā ra'ā sayyi'atan adha'ahā.

20. اَللّٰهُمَّ لَكَ اَسْلَمْتُ وَبِكَ اَمَنْتُ وَعَلَيْكَ

تَوَكَّلْتُ وَ اِلَيْكَ اَنْتَبْتُ وَ بِكَ خَاصَمْتُ، اَللّٰهُمَّ اِنِّىْ

اَعُوْذُ بِعِزَّتِكَ لَا اِلٰهَ اِلَّا اَنْتَ اَنْ تُصَلِّىَّ، اَنْتَ الْحَيُّ

الَّذِى لَا يَمُوتُ وَ الْحَيُّ وَ الْاَنَسُ يَمُوتُوْنَ.

*Allāhumma laka aslamtu wa bika āmantu wa 'alaika tawakaltu wa ilaika anabtu wa bika khaṣamtu. Allāhumma inni a'udhu bi 'izzatika lā illāha illā anta an tuḍillanī antal ḥayyul ladhī lā yamūtu wal jinnu wal insu yamūtūna.*

21. اَللّٰهُمَّ رَبَّ السَّمٰوٰتِ وَ رَبَّ الْاَرْضِ وَ رَبَّ الْعَرْشِ

الْعَظِيْمِ، رَبَّنَا وَ رَبَّ كُلِّ شَيْءٍ، فَالِقَ الْحَبِّ وَ النَّوَى،

و مُنْزِلَ التَّوْرَةِ وَ الْاِنْجِيْلِ وَ الْفُرْقَانِ، اَعُوْذُ بِكَ مِنْ شَرِّ

كُلِّ شَيْءٍ اَنْتَ آخِذٌ بِنَاصِيَتِهِ اَللّٰهُمَّ اَنْتَ الْاَوَّلُ فَلَيْسَ

قَبْلَكَ شَيْءٌ وَاَنْتَ الْاٰخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ، وَاَنْتَ

الظَّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ، وَاَنْتَ الْبَاطِنُ فَلَيْسَ دُوْنَكَ

شَيْءٌ، اِقْضِ عَنَّا الدَّيْنَ وَ اَغْنِنَا مِنَ الْفَقْرِ.

*Allāhumma Rabbas samāwāti wa Rabbal arḍi wa Rabbal 'arshil 'aẓimi, Rabbanā wa Rabba kulli shai'in, Fāliqal ḥabbi wan nawā, wa munzilat tawrāti wal injīli wal furqāni, a'udhubika min sharri kulli shai'in anta ākhizunm bi naṣiyatihi, Allāhumma antal awwalu fa laisa qablaka shai'un wa antal ākhiru fa laisa*

*ba'daka shai'un , wa antaẓ zāhiru fa laisa fawqaka shai'un, wa antal bāṭinu fa laisa dūnaka shai'un, iqḍi 'annad daina wa aghninā minal faqri.*

22. اَللّٰهُمَّ اِنِّىْ اَعُوْذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ، وَمِنْ عَذَابِ

الْقَبْرِ، وَمِنْ فِتْنَةِ الْمَحْيَا وَ الْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ

الْمَسِيْحِ الدَّجَالِ.

*Allāhumma inni a'udhubika min 'adhābi jahannama wa min 'adābil qabri wa min fitnatil mahyā wal mamāti wa min sharri fitnatil maṣīhid dajjāli.*







*Supplications for  
Protection from an Enemy*



## Supplications for Protection from an Enemy

1. اَللّٰهُمَّ اكْفِيْهِمْ بِمَا شِئْتَ.

*Allāhummak fīnīhim bimā shī'ta.*

2. اَللّٰهُمَّ اِنَّا نَجْعَلُكَ فِيْ نُحُوْرِهِمْ وَنَعُوْذُ بِكَ مِنْ  
شُرُوْرِهِمْ.

*Allāhumma innā naj'aluka fī nuḥūrihim wa na'udhubika min shurūrihim.*

3. اِنِّىْ عَذْتُ بِرَبِّىْ وَرَبِّكُمْ مِنْ كُلِّ مُتَكَبِّرٍ لَا يُؤْمِنُ بِيَوْمِ  
الْحِسَابِ.

*Inni 'udhtu bi rabbī wa rabbikum min kulli mutakabbiril lā yu'minu bi yawmil ḥisābi.*

4. اَللّٰهُمَّ مَتِّعْنِىْ بِسَمْعِىْ وَبَصَرِىْ وَاجْعَلْهُمَا الْوَارِثَ  
مِثِّىْ وَانصُرْنِىْ عَلٰى مَنْ يَّظْلِمُنِىْ وَخُذْ مِنْهُ بِقَارِىْ.

*Allāhumma matti'nī bisam'ī wa baṣarī waj'alhumal waritha minnī wanṣurnī 'ala ma(n)y yazlimunī wa khudh minhu bitha'ī.*

5. اَللّٰهُمَّ رَبَّ السَّمٰوٰتِ السَّبْعِ وَرَبَّ الْعَرْشِ الْعَظِيْمِ،  
كُنْ لِّىْ جَارًا مِّنْ فُلَانٍ بِّنِ فُلَانٍ وَاحْزَابِهِ مِنْ خَلَائِقِكَ،  
اَنْ يَّفْرُطَ عَلٰى اَحَدٍ مِّنْهُمْ اَوْ يَطْغٰى، عَزَّ جَارُكَ وَجَلَّ  
تَنَازُوكُ وَلَا اِلٰهَ اِلَّا اَنْتَ.

*Allāhumma rabbas samāwātis sab'ī, wa rabbal 'arshil 'aẓimī, ku(n)l lī jārā min fulāni(n) w wa aḥzābihi min khalā'iqika, ai(n)y yaṭghā 'alayya aḥadu(n)m minhum aw yaṭghā, 'azza jāruka wa jalla thana'uka, wa lā ilāha illā anta.*

6. اَللّٰهُ اَكْبَرُ، اَللّٰهُ اَعَزُّ مِنْ خَلْقِهِ جَمِيعًا، اَللّٰهُ اَعَزُّ مِمَّا  
اَخَافُ وَاحْذَرُ، اَعُوْذُ بِاللّٰهِ الَّذِىْ لَا اِلٰهَ اِلَّا هُوَ الْمُمَسِّكِ  
السَّمٰوٰتِ السَّبْعِ اَنْ يَّقْعَنَ عَلٰى الْاَرْضِ اِلَّا بِاِذْنِهِ، مِنْ  
شَرِّ عَبْدِكَ فُلَانٍ وَجُنُوْدِهِ وَاتَّبَاعِهِ وَاشْيَاعِهِ مِنَ الْجِنِّ  
وَالْاِنْسِ، اَللّٰهُمَّ كُنْ لِّىْ جَارًا مِّنْ شَرِّهِمْ، جَلَّ تَنَازُوكُ  
وَعَزَّ جَارُكَ وَتَبَارَكَ اسْمُكَ وَلَا اِلٰهَ غَيْرُكَ.

(Three times)

*Allāhu Akbaru, Allāhu a'azzu min khalqihī jamī'an, Allāhu a'azzu mimmā akhāfu wa aḥdharu, a'udhu billāhīl ladhī lā ilāha illā huwal mumsikis samāwātis sab'ī ai(n)y yaqa'na 'alal arḍi*

*illā bi idhnihi, min sharri 'abdika fulāni(n)w wa junūdihī wa atba'ihī wa ashya'ihī, minal jinni wal insi, Allāhumma ku(n)l li jāram min sharrihim, jalla thanā'uka wa 'azza jāruka, wa tabārakasmuka wa lā ilāha ghairuka.*

☆ Mention the name of the enemy in place of **فُلَانٍ** *fulānin*



## *Supplication for Protection During the Night*



## Supplication for Protection During the Night

1. اٰمَنَ الرَّسُوْلُ بِمَا اُنْزِلَ اِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُوْنَ  
كُلٌّ اٰمَنَ بِاللّٰهِ وَمَلٰئِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نَقْرُقُ  
بَيْنَ اَحَدٍ مِّنْ رُّسُلِهِ وَقَالُوا سَمِعْنَا وَاَطَعْنَا  
غُفْرَانَكَ رَبَّنَا وَاِلَيْكَ الْمَصِيْرُ ۝ لَا يُكَلِّفُ اللّٰهُ نَفْسًا  
اِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ  
رَبَّنَا لَا تُؤَاخِذْنَا اِنْ نَّسِيْنَا اَوْ اَخْطَاْنَا  
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا اِصْرًا كَمَا حَمَلْتَهُ  
عَلَى الدِّينِ مِنْ قَبْلِنَا رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ  
وَاعْفُ عَنَّا وَاغْفِرْ لَنَا وَاَرْحَمْنَا اَنْتَ مَوْلَانَا  
فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِيْنَ ۝

Āmanar rasūlu bimā unzila ilaihi mir rabbihī wal mu'minūna  
kullun āmana billāhi wa malā'ikatihī wa kutubihī wa rusulihī, lā  
nufarriqu baina aḥadi(n)m mir rusulihī, wa qālu sami'nā wa  
aṭa'nā, ghufṛānaka rabbanā wa ilaikal maṣīru. lā yukallifullāhu  
nafsan illā wus'ahā, lahā mā kasabat wa 'alaiha maktasabat,  
rabbanā lā tu'ākidhnā in nasīnā aw akhta'nā, rabbanā wa lā  
taḥmil 'alainā iṣran kamā ḥamaltahū

'alalladhīna min qablinā, rabbanā wa lā tuḥammilnā mā lā  
ṭāqata lanā bihi, wa'fu 'annā, waghfir lanā, warhamnā, anta  
mawlanā fanṣurnā 'alal qawmil kāfirīna.

2. Recite Āyat al-kursī





*Supplications for Fright  
During Sleep*



## Supplications for Fright During Sleep

☆ If one feels frightened or anxious while sleeping, then read:

1. **أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ وَشَرِّ عِبَادِهِ وَمِنْ هَمْزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ.**

*A'ūdhu bikalimātillāhit tāmātī min ghaḍabihī wa 'iqābihī wa sharri 'ibādihī wa min hamazātish shayāṭīni wa ai(n)y yahqurūni.*

2. **أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يَجَاوِزُهَا بَرٌّ وَلَا فَاجِرٌ مِمَّنْ شَرٌّ مَا يَنْزِلُ مِنَ السَّمَاءِ وَمَا يَرْجُ فِيهَا وَمِنْ شَرِّ فِتَنِ اللَّيْلِ وَالنَّهَارِ وَمِنْ كُلِّ طَارِقٍ إِلَّا طَارِقًا يَظُرُّنِي بِخَيْرٍ يَأْرَحِمَانِ.**

*A'ūdhu bi kalimātillāhit tāmātīl latī lā yujāwizu hunna barru(n)w walā fajīru(n)m min sharri mā yanzilu minas samā'i wa mā ya'ruju fihā. wa min sharri fitanil laili wan nahāri, wa min kullī ṭariqin illa ṭariqa(n)y yaṭruqu bi khairi(n)y ya Raḥmanu.*



## After a Bad Dream

1. Change sleeping position.
2. Spit on the left side three times and read:

**أَعُوذُ بِاللَّهِ مِنْ شَرِّ الشَّيْطَانِ وَشَرِّهَا.**

*A'ūdhu billāhi min sharrish shaiṭāni wa sharrihā*





*Supplications for  
Warding off Evil Whisperings*



## Supplications for Warding off Evil Whisperings

### 1. Command to seek refuge with Allah

وَأَمَّا يَنْزِعُكَ مِنَ الشَّيْطَانِ نَزْعٌ فَاسْتَعِذْ بِاللَّهِ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ

And if an evil suggestion comes to you from Satan, then seek refuge in Allah. Indeed, He is the Hearing, the Knowing.

### 2. Believe with conviction that there will be no reckoning upon whisperings.

The Messenger of Allah ﷺ said:

إِنَّ اللَّهَ تَحَاوَزَ لِأَمْنَيْنِ عَمَّا وَسَّوَسَتْ أَوْ حَدَّثَتْ بِهِ أَنْفُسُهَا مَا لَمْ تَعْمَلْ بِهِ أَوْ تَكَلَّمَ.

'Allah has forgiven for my Ummah that which is whispered to them and which crosses their minds, so long as they do not act upon it or speak of it.'

### 3. Read *A'udhubillāh* excessively.

4. If experiencing evil whisperings and distractions during Ṣalāh or recitation of the Qur'ān, seek refuge in Allah ﷻ from Satan by saying:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

*A'udhubillāhi minash shaiṭānir rajīmi*

and spit towards your left three times.

5. Recite Surah Al-Iklās and *Mu'awwidhatāin* (Al-Falaq and Al-Nās).

☆ Read the following supplications:

رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ ۝ وَأَعُوذُ بِكَ

(Three times)

رَبِّ أَنْ يَحْضُرُونِ ۝

*Rabbi a'udhubika min hamazāṭish shayṭāṇi. Wa a'udhubika Rabbi a(n)y yaḥḍurūn.*

7. أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ هَمَزِهِ وَنَفْخِهِ وَنَفْثِهِ.

*A'udhu billāhis samī'il 'alīmi minash shaiṭānir rajīmi min hamzihi wa nafkhihi wa nafthihi.*

8. هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ ۚ وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ.

*Huwal awwalu wal ākhiru waẓ ṣāḥiru wal bāṭinu, wa huwa bikulli shai'in 'alīmun.*

9. اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، الْحَمْدُ لِلَّهِ الَّذِي رَدَّ كَيْدَهُ إِلَى الْوَسْوَسةِ.

*Allāhu akbaru, Allāhu akbaru, Allāhu akbaru, alḥamdu lillāhīl ladhī radda kaidahu ilal waswasati.*





*Supplications for  
Warding off Evil Eye*



## For Warding Off Evil-Eye

1. If the person who caused the evil eye is known, ask him/her to perform ablution and wash the place where the waist belt is tied. The afflicted person should then bathe with that water. This is the Masnūn way of warding off the evil eye. The Messenger of Allah ﷺ said:

الْعَيْنُ حَقٌّ وَلَوْ كَانَ شَيْءٌ سَابِقَ الْقَدَرِ سَبَقَهُ الْعَيْنُ وَإِذَا اسْتَنْعِلْتُمْ فَأَغْبِلُوا

The influence of an evil eye is a reality; if anything would precede the destiny it would be the influence of an evil eye, and when you are asked to take a bath (as a cure) from the influence of an evil eye, you should take a bath.

2. Recite Al-Fātihah, Al-Ikhlāṣ and *Mu'awwidhatain* (Al-Falaq and Al-Nās).

☆ Make the following supplications:

3. اَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَةٍ وَمِنْ كُلِّ عَيْنٍ لَأَمَةٍ.

*A'udhu bi kalimātillāhit tāmātī min kulli shaiṭāni(n)w wa hāmātī(n)w wa min kulli 'ainil lāmmatin.*

4. بِاسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ، بِاسْمِ اللَّهِ أَرْقِيكَ.

*Bismillāhi arqika min kulli shai' i(n)y yu' dhika, min sharri kulli nafsin aw 'aini ḥāsīdin, Allāhu yashfika, bismillāhi arqika.*

5. بِاسْمِ اللَّهِ يُبْرِيكَ وَمِنْ كُلِّ دَاءٍ يَشْفِيكَ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ وَشَرِّ كُلِّ ذِي عَيْنٍ.

*Bismillāhi yubrika wa min kulli dā' i(n)y yashfika wa min sharri ḥāsīdin idhā ḥasada wa min sharri kulli dhī 'ainin.*





*Supplications for  
Protection against Black Magic*



## For Protection Against Black Magic

1. Regularly read the supplications for morning, evening, protection and healing.
2. Recite *Ayat al-Kursi* and *Mu'awwidhāt* (Al-Ikhlas, Al-Falaq and Al-Nās) in the morning, evening and before going to bed.
3. Recite the last two verses of al-Baqarah every night.
4. For protection against the effects of black magic, eat seven 'Ajwah dates first thing in the morning.
5. Perform cupping, a *masnūn* way of treatment.
6. Read *Ruqyah Sharī'ah* or play a recording before the afflicted person.

☆ Read the following supplications:

7. اَعُوْذُ بِاللّٰهِ السَّمِيعِ الْعَلِيْمِ مِنَ الشَّيْطَانِ الرَّجِيْمِ مِنْ

هَمْزِهِ وَنَفْخِهِ وَنَفْثِهِ.  
(Three times)

*A'udhu billāhis Samī'il 'Alīmī min ash shaiṭānir rajīmī min hamzihī wa nafkhihī wa nafthihī*

8. اَعُوْذُ بِاللّٰهِ الْعَظِيْمِ وَبِوَجْهِ الْكَرِيْمِ وَسُلْطَانِهِ الْقَدِيْمِ

مِنَ الشَّيْطَانِ الرَّجِيْمِ.

*A'udhu billāhil 'aẓīmī biwaj-hihīl karīmī wa sulṭānihīl qadīmī minash shaiṭānir rajīmī.*

☆ Recite the following daily:

9. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ

الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.  
(100 times a day)

*Lā ilāha illAllāhu waḥdahu lā sharīkalahu, laḥul mulku wa laḥul ḥamdu wa huwa 'alā kulli shai'in qadīrun.*





*Supplications for  
Protection against Evil of Jinns*



## Supplications for Protection against the Evils of Jinn

1. Recite the Qur'an excessively. Allah says:

وَنُفِثَ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الْفَاسِقِينَ إِلَّا تَحْسِرًا

And We send down of the Qur'an that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss.

2. Recite Al-Baqarah. If a person is unable to recite it, then its recitation can be played.

Ensure to make the following supplications:

- ☆ When Angry:

3. اَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ .

*A'ūdhu billāhi minash shaiṭānir rajīmī.*

- ☆ Before Entering the Restroom:

4. اَللّٰهُمَّ اِنِّىْ اَعُوْذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ .

*Allāhumma innī a'ūdhubika minal khubuthi wal khabā'ith*

- ☆ When Leaving the Home:

5. بِسْمِ اللّٰهِ تَوَكَّلْتُ عَلَى اللّٰهِ وَلَا حَوْلَ وَلَا قُوَّةَ اِلَّا بِاللّٰهِ .

*Bismillāhi tawakkaltu 'alAllāhi wa lā ḥawla wa lā quwwata illā billāhi*

- ☆ At the Time of Sexual Intimacy:

6. بِسْمِ اللّٰهِ اَللّٰهُمَّ جَنِّبْنَا الشَّيْطَانَ وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا .

*Bismillāhi, Allāhumma jannibnash shaiṭāna wa jannibish shaiṭāna mā razaqtanā*

- ☆ When Changing Clothes:

7. بِسْمِ اللّٰهِ

*Bismillah*



*Supplications for  
Healing*



## Supplications for Healing

### 1. The recitation of the Holy Qur'an is a healing for physical and spiritual ailments:

وَنُزِّلَ مِنَ الْغُرَىٰ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ --- ٥

- a. And We send down of the Qur'an that which is healing and mercy for the believers...

يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُم مَّوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ ۚ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ٥

- b. O mankind, there has come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers.

2. Benefit from various natural nutrients and medicines for cure from the disease. E.g. Honey, Ḥabbat al-Saudā' (Black Seed-Nigella Sativa), Zam Zam water, rain water, olive oil etc.

3. During a sickness or some affliction recite Al-Fātiḥah an odd number of times and then blow over the afflicted person:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ٥ الرَّحْمَنُ الرَّحِيمُ ٥ مَلِكٌ

يَوْمَ الدِّينِ ٥ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ٥ اهْدِنَا

الصِّرَاطَ الْمُسْتَقِيمَ ٥ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ٥

Bismillāhir Raḥmānir Raḥīm

Alḥamdulillāhi Rabbil 'ālamīna. Ar Raḥmānir Raḥīmi. Maliki yawmid dīni. iyyāka na'budu wa iyyāka nasta'īnu. Ihdinaṣ ṣirāṭal mustaqīm. ṣirāṭal ladhīna an'amta 'alaihim ghairil maghḍūbi 'alaihim waladḍāllīna.

٤. اٰنِيْ مَسْنِي الصُّرِّ وَاَنْتَ اَرْحَمُ الرَّحِيْمِيْنَ ٥

Annī massaniyad ḍurru wa anta arḥamur raḥīmīn.

- ☆ Place hand on the affected area and say:

٥. بِسْمِ اللَّهِ (Three times)

Bismillāh

اَعُوْذُ بِاللّٰهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا اَجِدُ وَاَحَاذِرُ . (Seven times)

A'ūdhu billāhi wa qudratihi min sharri mā ajidu wa uḥādiru.

٦. اَسْأَلُ اللَّهَ الْعَظِيْمَ رَبَّ الْعَرْشِ الْعَظِيْمِ اَنْ يَشْفِيَك .

(Seven times)

As'alullāhal 'aẓīma rabbal 'arshil 'aẓīmi a(n)y yashfiyaka.

Note: When supplicating for your own self recite اَنْ يَشْفِيَنِي a(n)y yashfiyanī instead of اَنْ يَشْفِيَك a(n)y yashfiyaka.

٧. اَذْهَبِ الْبَاسَ رَبَّ النَّاسِ وَاَشْفِ اَنْتَ الشَّافِي لَا شِفَاءَ اِلَّا شِفَاؤُكَ شِفَاءٌ لَا يَغَادِرُ سَقَمًا .

Adh-hibil ba'sa Rabban nāsi wa shafi antash shāfi la shifā'a illā shifā'uka shifā' a(n)lā yughādiru saqaman

- ☆ Read while stroking the right hand over the sick - one may



read it over their own self:

8. اِمْسَحِ الْبَاسَ رَبِّ النَّاسِ بِيَدِكَ الشِّفَاءُ لَا يَكْشِفُ  
الْكُزْبَ اِلَّا اَنْتَ.

*Imsahil ba'sa Rabban nāsi biyadikash shifā'u lā yakshiful karba illā anta.*



## *Visiting the Sick*



## Visiting the Sick

### The Command to Visit the Sick

1. The Messenger of Allah ﷺ said:

اطْعِمُوا الْجَائِعَ وَغُذُّوا الْمَرِيضَ وَكُفُّوا الْعَانِي.

Feed the hungry, visit the sick and free the captives.

### Excellence of Visiting the Sick

2. Alī رضي الله عنه said that I have heard the Messenger of Allah ﷺ saying, 'When a man goes to visit his sick brother in the morning, a group of seventy thousand angels prays for his forgiveness till the evening and a garden is prepared for him in Paradise. And when a man goes to visit his sick brother in the evening, a group of seventy thousand angels prays for his forgiveness till the morning and a garden is prepared for him in Paradise.'

3. The Messenger of Allah ﷺ said, 'Allah, the Mighty and Exalted, will say on the Day of Resurrection, 'O son of Adam, I was ill and you did not visit Me.' The man will say, 'O Lord, how could I visit You when You are the Lord of the worlds?' He will say, 'Do you not know that My slave so-and-so was ill and you did not visit him? Do you not know that if you had visited him, you would have found Me with him?''

### ☆ Supplications

4. اَللّٰهُمَّ عَافِهِ / اَللّٰهُمَّ اَشْفِهِ

Allāhumma 'Āfihi / Allāhumma shfīhi

5. لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ.

Lā ba'sa ṭahūrun inshā' Allāhu.

☆ For Relief from Illness:

6. أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يُشْفِيكَ.

*As 'alullāhal 'aẓīma rabbal 'arshil 'aẓīmi a(n)y yashfiyaka.*

☆ Read while stroking the right hand over the sick - one may read it over their own self:

7. أَذْهَبِ الْبَاسَ رَبَّ النَّاسِ وَاشْفِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا.

*Adh-hibil ba'sa Rabban nāsi washfi antash shāfi la shifa'a illā shifa'uka shifa'a(n)l lā yughādiru saqaman.*

#### On Seeing Someone in Illness or Trial

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ وَفَضَّلَنِي عَلَى كَثِيرٍ مِمَّنْ خَلَقَ تَفَضُّلاً.

*Alḥamdu lillāhil ladhī 'āfanī mi(n)mab talāka bihi wa faḍḍalanī 'ala kathīri(n)m mi(n)m man khalaqa tafḍīlan*

#### On Receiving Unfortunate News

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ، اَللّهُمَّ اجْزِنِي فِي مُصِيبَتِي وَاخْلِفْ لِي خَيْرًا مِنْهَا.

*Innā lillāhi wa innā ilaihi rāji'ūn, Allāhmma 'jurnī fi muṣībatī wa akhlif li khaira(n)m minha.*



## For the Forgiveness of a Deceased

1. اَللّٰهُمَّ عَبْدَكَ وَابْنُ امَتِكَ، اِحْتِاجَ اِلَى رَحْمَتِكَ  
وَاَنْتَ عِنْتِيْ عَنْ عَذَابِهِ اِنْ كَانَ مُحْسِنًا فَرِّدْ فِيْ اِحْسَانِهِ  
وَإِنْ كَانَ مُسِيئًا فَتَجَاوَزْ عَنْهُ.

*Allāhumma 'abduka wabnu amatika, ihtāja ilā rahmatika wa anta ghaniyyun 'an 'adhābihī in kāna muhsinan faẓid fī ihsānihi, wa in kāna muṣī'an fatajaẓawz 'anhū.*

Note: Mention the name of the deceased in place of 'abduka.

2. اَللّٰهُمَّ اِنَّ فُلَانِ بْنِ فُلَانٍ فِيْ ذِمَّتِكَ وَحَبْلِ جِوَارِكَ  
فَقِهِ مِنْ فِتْنَةِ الْقَبْرِ وَعَذَابِ النَّارِ وَاَنْتَ اَهْلُ الْوَفَاءِ وَالْحَقِّ  
اَللّٰهُمَّ فَاعْفِرْ لَهُ وَاَرْحَمْهُ اِنَّكَ اَنْتَ الْغَفُوْرُ الرَّحِيْمُ.

*Allāhumma inna fulānabna fulānin fī dhimmatika wa ḥabli jiwārika faqihi min fitnatil qabri wa 'adhābin nāri wa anta ahlul wafā'i wal ḥaqqi, Allāhumma faḡfir lahu war ḥamhu innaka antal ḡhafurur raḥīmū.*

Note: Mention the name of the deceased in place of fulānabna fulānin.

3. اَللّٰهُمَّ اغْفِرْ لَهُ وَاَرْفَعْ دَرَجَتَهُ فِي الْمَهْدِيَّتَيْنِ وَاخْلُقْهُ فِيْ  
عَقِبِهِ فِي الْعَاْبِرَيْنِ وَاعْفِرْ لَنَا وَلَهُ يَا رَبَّ الْعَالَمِيْنَ! وَاَفْسَحْ

لَهُ فِي قَبْرِهِ وَنَزِّلْهُ فِيْهِ.

*Allāhumaghfir lahu warfa 'darajatahu fil mahdiyyīna wakhluṣhu fī 'aqibihī fil ḡhabirīna waghfir lanā wa lahu yā Rabbal 'ālamīna! waf saḡ lahu fī qabrihī wa nawwir lahu fihī.*

Note: The Messenger of Allah ﷺ read this du'ā for Abū Salamah. Mention the name of the deceased in place of lahu..

4. اَللّٰهُمَّ اغْفِرْ لِحَيَاتِنَا وَمَيِّتِنَا وَصَغِيْرِنَا وَكَبِيْرِنَا وَذَكَرْنَا وَ  
اُنْثَاْنَا وَشَاهِدِيْنَا وَعَاْبِيْنَا، اَللّٰهُمَّ مِنْ اَحْيَيْتَهُ مَتَا فَاَحْيِهِ  
عَلَى الْاِيْمَانِ وَمَنْ تَوَفَّيْتَهُ مَتَا فَتَوَفَّهُ عَلَى الْاِسْلَامِ، اَللّٰهُمَّ  
لَا تَحْرِمْنَا اَجْرَهُ وَلَا تُضِلَّنَا بَعْدَهُ.

*Allāhumaghfir li ḡayyīnā wa mayyitīnā wa ṣaḡhīrīnā wa kabīrīnā, wa dhakarīnā wa unthānā wa shahīdīnā, wa ḡhā'ibīnā. Allāhumma man aḡyaitahu minnā fa' aḡyihī 'alal īmāni, wa man tawaffaitahu minnā fatawaffahu 'alal islāmi. Allāhumma lā taḡrimnā ajrahu wa lā tuḡillānā ba'dahu.*

5. اَللّٰهُمَّ اغْفِرْ لَهُ وَاَرْحَمْهُ وَعَافِهِ وَاعْفُ عَنْهُ وَاَكْرِمْ نَزْلَهُ  
وَوَسِّعْ مَذْخَلَهُ وَاغْسِلْهُ بِالْمَاءِ وَالتَّلْجِ وَالْبَرَدِ وَنَقِّهِ مِنْ  
الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْاَبْيَضَ مِنَ الدَّنَسِ وَاَبْدَلْهُ  
دَارًا خَيْرًا مِنْ دَارِهِ وَاَهْلًا خَيْرًا مِنْ اَهْلِهِ وَزَوْجًا خَيْرًا مِنْ

رُوحِهِ وَأَدْخِلْهُ الْجَنَّةَ وَاعْزُدْهُ مِنْ عَذَابِ الْقَبْرِ وَمِنْ

عَذَابِ النَّارِ.

*Allāhummaghfir lahu warhamhu, wa'āfihi, wa'fu 'anhu wa akrim nuzulahu, wa wassi' mudkhalahu waghsilhu bilmā'i wath thalji wal baradi, wa naqqihi, minal khaṭāyā kamā naqqāitath thawbal abyada minad danas, wa abdilhu dāran khaira(n)m min dārihi, wa ahlān khaira(n)m min ahlihi wa zawjan khaira(n)m min zawjihi, wa adkhillul jannata, wa a'idh-hu min 'adhābil qabri, wa min 'adhābin nāri.*

☆ When supplicating for a female deceased, use مَا (hā) in place of هُ (hū)

اللَّهُمَّ اغْفِرْ لَهَا وَارْحَمْهَا وَعَافِهَا وَاعْفُ عَنْهَا وَاعْرِمْ  
نُزُلَهَا وَوَسِّعْ مُدْخَلَهَا وَاعْسِلْهَا بِالمَاءِ وَالثَّلْجِ وَالْبَرَدِ  
وَنَقِّهَا مِنَ الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ  
وَأَبْدِلْهَا دَارًا خَيْرًا مِنْ دَارِهَا وَأَهْلًا خَيْرًا مِنْ أَهْلِهَا  
وَزَوْجًا خَيْرًا مِنْ زَوْجِهَا وَأَدْخِلْهَا الْجَنَّةَ وَاعْزُدْهَا مِنْ  
عَذَابِ الْقَبْرِ وَمِنْ عَذَابِ النَّارِ.

*Allāhummaghfir lahā war hamhā, wa'āfihā, wa'fu 'anhā wa akrim nuzulahā, wa wassi' mudkhalahā waghsilhā bilmā'i wath thalji wal barad, wa naqqihā, minal khaṭāyā kamā naqqāitath thawbal abyada minad danas, wa abdilhā dāran khaira(n)m min dārihā, wa ahlān khaira(n)m min ahlihā wa zawjan khaira(n)m min zawjihā, wa adkhillal jannah, wa a'idh-hā min 'adhābil*

qabri, wa min 'adhābin nāri.

## For a Deceased Child

6. اللَّهُمَّ اعْزُدْهُ مِنْ عَذَابِ الْقَبْرِ.

*Allāhumma a'idh-hu min 'adhābil qabri*

7. اللَّهُمَّ اجْعَلْهُ لَنَا سَلَفًا وَفَرَطًا وَأَجْرًا.

*Allāhummaj'alhu lanā salāfan wa farāṭan wa ajran*





*Supplications for Seeking  
Forgiveness*



## For Seeking Forgiveness

1. Repentance from sins and seeking forgiveness excessively opens the doors of mercy and goodness. Allah ﷻ says:

قُلْتُ اسْتَغْفِرُوا رَبَّكُمْ إِنَّهُ كَانَ غَفَّارًا ۖ يُرْسِلُ السَّمَاءَ عَلَيْكُمْ مِدْرَارًا ۖ وَيُبْذِرُ كُفْرًا

بِأَسْوَاقٍ وَيُزِيلُ الْكُفْرَ بِغُفْلَةٍ ۚ وَيُعْطِي الْكُفْرَ أَكْثَرًا ۚ

And I (Nuh) said, Ask forgiveness of your Lord. Indeed, He is ever a Perpetual Forgiver. He will send [rain from] the sky upon you in [continuing] showers. And give you increase in wealth and children and provide for you gardens and provide for you rivers.

2. اَللّٰهُمَّ اغْفِرْ لِيْ ذَنْبِيْ.

*Allāhummaghfirli dha(n)mā*

3. رَبِّ اغْفِرْ لِيْ خَطِيئَتِيْ يَوْمَ الدِّينِ.

*Rabbighfirli khaṭī'atī yawmad dīni.*

4. رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِمِيْنَ

*Rabbighfir warḥam wa Anta khairur raḥīmīn.*

5. رَبَّنَا اغْفِرْ لِيْ وَلِوَالِدَيَّ وَلِلْمُؤْمِنِيْنَ يَوْمَ يَقُومُ الْحِسَابُ

*Rabbanaghfirli wali wālidayya wa lil mu'mīnīna yawma yaqumul ḥisab.*

6. رَبَّنَا إِنَّا أَمَتًا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

*Rabbanā innanā āmanā faghfir lanā dhunūbanā wa qinā 'adhāban nāri*

7. رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ

مِنَ الْخَاسِرِيْنَ

*Rabbanā ḡalamnā anfusanā wa i(n)lam taghfir lanā wa tarḥamnā lanakūnanna minal khasirīna.*

8. رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِيْ أَمْرِنَا وَتَبِّتْ أَقْدَامَنَا

وَأَنْصُرْنَا عَلَى الْقَوْمِ الْكَافِرِيْنَ

*Rabbanaghfir lanā dhunūbanā wa isrāfanā fi amrinā wa thabbit aqdāmanā wanṣurnā 'alal qawmil kāfirīna.*

9. سُبْحَانَكَ وَبِحَمْدِكَ اسْتَغْفِرُكَ وَأَتُوْبُ إِلَيْكَ.

*Subḥānaka wa bi ḥamdika, astaghfiruka wa atūbu ilaika*

10. رَبِّ اغْفِرْ لِيْ وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيْمُ.

*Rabbighfirli wa tub 'alayya innaka antat tawwābur raḥīmu*

11. اَللّٰهُمَّ اغْفِرْ لِيْ وَارْحَمْنِيْ وَاهْدِنِيْ وَارْزُقْنِيْ.

*Allāhummaghfirli warḥamni wahdini warzuqni*

12. اَسْتَغْفِرُ اللهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ  
إِلَيْهِ.

*Astaghfirullāhah ladhī lā ilāha illā huwal ḥayyul qayyūmu wa atūbu ilaihi*

13. اَللّٰهُمَّ اغْفِرْ لِيْ ذَنْبِيْ وَيَسِّرْ لِيْ اَمْرِيْ وَبَارِكْ لِيْ فِيْ  
رِزْقِيْ.

*Allāhummaghfirli dha(n)mbi wa yassirli amri wa bārik li fi rizqi*

14. اَسْتَغْفِرُ اللهَ الْعَظِيْمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ  
وَأَتُوبُ إِلَيْهِ.

*Astaghfirullāhah 'azīmal ladhī lā ilāha illā huwal Ḥayyul Qayyūmu wa atūbu ilaihi*

15. اَللّٰهُمَّ اغْفِرْ لِيْ وَاَرْحَمْنِيْ وَتُبْ عَلَيَّ اِنَّكَ اَنْتَ  
التَّوَّابُ الرَّحِيْمُ.

*Allāhummaghfirli warḥamni wa tub 'alayya innaka anta tawwābur raḥīmu.*

16. اَللّٰهُمَّ اغْفِرْ لِيْ مَا اَخْطَاْتُ وَمَا تَعَمَّدْتُ وَمَا اَسْرَرْتُ  
وَمَا اَعْلَنْتُ وَمَا جَهِلْتُ وَمَا تَعَمَّدْتُ.

*Allahummaghfirli mā akhta'tu wamā ta'amma(d)ttu wa mā asrartu wa mā a'lantu wa mā jahiltu wa mā t'amma(d)ttu*

17. اَللّٰهُمَّ اغْفِرْ لِيْ وَاخْسَا شَيْطَانِيْ وَفُكْ رِهَانِيْ وَثَقِّلْ  
مِيزَانِيْ وَاجْعَلْنِيْ فِي النَّدَى الْأَعْلَى.

*Allāhummaghfirli wakhsa' shaiṭāni wa fukka rihāni wa thaqqil mizāni waj'alni fin nadiyyil a'la*

18. اَللّٰهُمَّ اِنِّيْ اَسْأَلُكَ يَا اللهُ، اَلْاَحَدَ الصَّمَدَ، الَّذِي لَمْ  
يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا اَحَدٌ، اَنْ تَغْفِرَ لِيْ  
ذُنُوبِيْ اِنَّكَ اَنْتَ الْعَفُوْرُ الرَّحِيْمُ.

*Allāhumma inni as'aluka yā Allāhul Aḥaduṣ Ṣamadul ladhī lam yalid wa lam yulad wa lam yaku(n)l lahu kufurwan aḥadun an taghfirali dhumūbi innaka Antal Ghafurur Raḥīmu.*

19. اَللّٰهُمَّ اغْفِرْ لِيْ خَطِيْئَتِيْ وَجَهْلِيْ وَاسْرَافِيْ فِيْ اَمْرِيْ  
وَمَا اَنْتَ اَعْلَمُ بِهِ مِنِّيْ، اَللّٰهُمَّ اغْفِرْ لِيْ هَزْلِيْ وَجِدِّيْ



وَحَظِيئِي وَعَمْدِي وَكُلُّ ذَلِكَ عِنْدِي.

*Allāhummaghfirli khaṭī'atī wa jahli wa isrāfī fī amrī wa mā anta a'lamu bihī minnī, allāhummaghfirli hazli wa jiddi wa khaṭa'i wa 'amdi wa kullu dhālika 'indī.*

20. اَللّٰهُمَّ اغْفِرْ لِيْ مَا قَدَّمْتُ وَمَا اَخَّرْتُ وَمَا اَسْرَرْتُ وَمَا اَعْلَنْتُ وَمَا اَسْرَفْتُ وَمَا اَنْتَ اَعْلَمُ بِهِ مِنِّيْ، اَنْتَ الْمُقَدِّمُ وَاَنْتَ الْمُؤَخِّرُ، لَا اِلٰهَ اِلَّا اَنْتَ.

*Allāhummaghfirli mā qaddamtu wa mā akh-khartu wa mā asrartu wa mā a'lantu wa mā asraftu wa mā anta a'lamu bihi minnī, antal muqaddimu wa antal mu'akh-khiru lā ilāha illā anta*

21. اَللّٰهُمَّ اَنْتَ رَبِّيْ، لَا اِلٰهَ اِلَّا اَنْتَ، خَلَقْتَنِيْ وَاَنَا عَبْدُكَ وَاَنَا عَلٰى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، اَعُوْذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، اَبُوْءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَاَبُوْءُ بِذَنْبِيْ فَاغْفِرْ لِيْ اِنَّهٗ لَا يَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ.

*Allāhumma Anta Rabbī, lā ilāha illā Anta, khalaqtanī wa ana 'abduka, wa ana 'alā 'ahdika wa wa 'dika mastaṭa'tu 'tu a'ūdhubika min sharri mā ṣana'tu, abu'u laka bini'matika 'alayya, wa abu'u bidha(n)mbi faghfirli innahu lā yaghfirudh dhunūba illā Anta.*

22. اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ الثَّبَاتَ فِی الْاَمْرِ، وَالْعَزِيْمَةَ عَلٰی الرُّشْدِ، وَاَسْأَلُكَ مُوْجِبَاتِ رَحْمَتِكَ، وَعَزَائِمَ مَغْفِرَتِكَ، وَاَسْأَلُكَ شُكْرَ نِعْمَتِكَ، وَحُسْنَ عِبَادَتِكَ، وَاَسْأَلُكَ قَلْبًا سَلِيْمًا، وَلِسَانًا صَادِقًا، وَاَسْأَلُكَ مِنْ خَيْرِ مَا تَعْلَمُ، وَاَعُوْذُ بِكَ مِنْ شَرِّ مَا تَعْلَمُ، وَاسْتَغْفِرُكَ لِمَا تَعْلَمُ اِنَّكَ اَنْتَ عَلَامُ الْغُیُوْبِ.

*Allāhumma innī as'alukath thabāta fīl amri wal 'azīmata 'alar rushdi wa as'aluka mujibāti rahmatika wa 'azā'ima maghfiratika wa as'aluka shukra ni'matika wa ḥusna 'ibādatika wa as'aluka qalban salīman wa lisānan ṣādiqan wa as'aluka min khairi mā ta'lamu wa a'ūdhubika min sharri mā ta'lamu wa astaghfiruka limā ta'lamu innaka anta 'allāmul ghu'yūbi.*

☆ After every Ṣalah say thrice:

23. اَسْتَغْفِرُ اللهَ.

*Astaghfirullāha*

☆ In Rukū' (bowing) and Sajdah (prostration):

24. سُبْحَانَكَ اَللّٰهُمَّ رَبَّنَا وَبِحَمْدِكَ اَللّٰهُمَّ اغْفِرْ لِيْ.

*Subḥānak Allāhumma Rabbanā wa bi ḥamdika, Allāhummaghfirli*

☆ In Sajdah (prostration)

25. اَللّٰهُمَّ اغْفِرْ لِيْ ذَنْبِيْ كُلَّهُ دِقَّةً وَجَلَّةً وَّأَوَّلَهُ وَآخِرَهُ  
وَعَلَانِيَتَهُ وَسِرَّهُ.

*Allāhummaghfirli dha(n)mbī kullahu diqqahu wa jillahu wa  
awwalahu wa ākhirahu wa 'alāniyatahu wa sirrahu.*

☆ Final Tashahud (Sitting Posture)

26. اَللّٰهُمَّ اِنِّیْ ظَلَمْتُ نَفْسِيْ ظُلْمًا كَثِيْرًا وَّلَا یَغْفِرُ الذُّنُوْبَ  
اِلَّا اَنْتَ فَاعْفِرْ لِيْ مَغْفِرَةً مِّنْ عِنْدِكَ وَاَرْحَمِنِیْ اِنَّكَ  
اَنْتَ الْغَفُوْرُ الرَّحِيْمُ.

*Allāhumma innī zalamtu nafsī zulman kathīran, wa lā yaghfirudh  
dhunūba illā Anta, faghfirli maghfirata(n)m min 'indika war  
ḥamnī innaka Antal Ghafurur Rahimu.*

☆ During a Gathering (100 times)

27. رَبِّ اغْفِرْ لِيْ وَتُبْ عَلَيَّ اِنَّكَ اَنْتَ التَّوَّابُ الْغَفُوْرُ.

*Rabbighfirli wa tub 'alaiya innaka Antat tawwābul Ghafuru.*

☆ At the End of a Gathering

28. سُبْحَانَكَ اللّٰهُمَّ وَبِحَمْدِكَ، اَشْهَدُ اَنْ لَا اِلَهَ اِلَّا اَنْتَ،

اَسْتَغْفِرُكَ وَاَتُوْبُ اِلَيْكَ.

*SubhānakAllāhumma wa bi ḥamdika, ash-hadu a(n)lā ilāha illā  
anta, astaghfiruka wa atūbu ilaika, 'amiltu sū'an wa zalamtu  
nafsi, faghfirli, fa 'innahu lā yaghfirudh dhunūba illā anta.*





*Supplications for Relief from  
Sorrow & Distress*



## For Relief from Sorrow and Distress

1. اَسْتَغْفِرُ اللَّهَ. *Astaghfirullāha*

2. لَا إِلَهَ إِلَّا اللَّهُ. *Lā ilāha illAllāhu*

3. لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ. *Lā Hawla wa lā quwwata illā billāhi*

4. حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ. *HasbunAllahu wa ni'mal Wakil.*

5. اَللّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَارْزُقْنِي. *Allāhummaghfirli warḥamni wa 'āfini warzuqni*

6. إِنَّمَا أَشْكُو بَثِّي وَحُزْنِي إِلَى اللَّهِ. *Innamā ashkū bath-thi wa ḥuzni ilAllāh*

7. اَللَّهُ اَللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا. *Allāhu, Allāhu Rabbi lā ushriku bihi shai'an*

8. يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ.

*Ya Hayyu ya Qayyumu bi rahmatika astaghithu.*

9. لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِيْنَ ۝

*Lā ilāha illā Anta subḥānaka inni kuntu minaz ḡālimīn*

10. اَللّهُمَّ لَا سَهْلَ اِلَّا مَا جَعَلْتَهُ سَهْلًا وَاَنْتَ تَجْعَلُ الْحَزْنَ

سَهْلًا اِذَا شِئْتَ.

*Allāhumma lā sahla illā mā ja'altahu sahla(n) wa Anta taj'alul ḥazna saḥlan idhā shi'ta.*

11. اَللّهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ

وَالْكَسَلِ وَالْجُبْنِ وَالْبُخْلِ وَضَلَعِ الدِّينِ وَغَلَبَةِ الرِّجَالِ.

*Allāhumma inni 'a'udhubika minal ḥammī wal ḥazanī wal 'ajzi wal kasali wal jubni wal bukhli wa ḡala'id daini wa ḡhalabatir rijālī.*

12. اَللّهُمَّ رَحْمَتَكَ اَرْجُوْ فَلَا تَكِلْنِيْ اِلَى نَفْسِيْ طَرَفَةً

غَيْرٍ وَّ اَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ لَا اِلَهَ اِلَّا اَنْتَ.

*Allāhumma rahmataka arju falā takilni ilā nafsī ṭarfata 'ainin wa aṣliḥ li sha'ni kullahū lā ilāha illā Anta.*

13. لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ  
الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ  
الْعَرْشِ الْكَرِيمِ.

*Lā ilāha illAllāhul 'Aẓimul Ḥalimu, lā ilāha illAllāhu Rabbul 'arshil 'aẓimi, lā ilāha illallāhu Rabbus samāwāti wa Rabbul arḍi wa Rabbul 'arshil karīmi.*

14. لَا إِلَهَ إِلَّا اللَّهُ الْحَلِيمُ الْكَرِيمُ، سُبْحَانَ اللَّهِ وَتَبَارَكَ  
اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ.

*Lā ilāha illAllāhul Ḥalimul Karīmu, SubḥānAllāhi wa TabārakAllāhu, Rabbul 'arshil 'aẓimi wal ḥamdu lillāhi Rabbil 'ālamīna.*

15. اَللّٰهُمَّ اِنِّىْ عَبْدُكَ، اِبْنُ اَمَتِكَ، نَاصِيَتِيْ  
بِيَدِكَ، مَاضٍ فِىْ حُكْمِكَ، عَدْلٌ فِىْ قَضَاؤِكَ،  
اَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ، سَمَّيْتَ بِهِ نَفْسَكَ  
اَوْ عَلَّمْتَهُ اَحَدًا مِّنْ خَلْقِكَ اَوْ اَنْزَلْتَهُ فِىْ كِتَابِكَ  
اَوْ اَسْتَأْثَرْتَ بِهِ فِىْ عِلْمِ الْغَيْبِ عِنْدَكَ اَنْ تَجْعَلَ الْقُرْآنَ  
رَبِيعَ قَلْبِىْ وَنُوْرَ صَدْرِىْ وَجَلَاءَ حُزْنِىْ وَذَهَابَ هَمِّىْ.

*Allāhumma Innī 'abduka, ibnu 'abdika, ibnu amatika, nāṣiyatī biyadika, māḍin fiyya ḥukmuka, 'adlun fiyya qaḍā'uka, as 'aluka bikullismin huwa laka, sammaita bihi nafsaka, aw 'allamtahu aḥada(n)m min khalqika, aw anzaltahu fi kitābika, awista'tharta bihi fi 'ilmil ghaibi 'indaka, an taj'alal Qur'āna rabi'a qalbī, wa nūra ṣadrī, wa jalā'a ḥuznī, wa dhahāba hammī.*

☆ For relief from distress and forgiveness of sins, invoke peace and blessings upon the Messenger of Allah ﷺ abundantly.





*Accepted  
Supplications*



## Accepted Supplications

Supplications made after saying the following are accepted:

1. سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ.

*SubhānAllāhi wal ḥamdullīlāhi, wa lā ilāha illAllāhu wAllāhu akbaru.*

2. لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ.

*Lā Ilāha Illā Anta subhānaka inni kuntu minaz ḡālimīna.*

3. يَا بَدِيعَ السَّمَوَاتِ يَا حَيُّ يَا قَيُّوْمُ إِنِّي أَسْأَلُكَ.

*Yā Badī' as samāwāti, yā Ḥayyu yā Qayyumu, inni as'aluka.*

4. اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ بِاَنِّیْ اَشْهَدُ اَنْكَ اَنْتَ اللّٰهُ، لَا اِلٰهَ

اِلَّا اَنْتَ الْاَحَدُ الصَّمَدُ الَّذِیْ لَمْ یَلِدْ وَلَمْ یُوْلَدْ وَلَمْ یَكُنْ  
لَهُ کُفُوًا اَحَدٌ.

*Allāhumma inni as'aluka bi annī ash-hadu annaka antAllāhu, lā ilāha illā Anta Aḥaduṣ Ṣamadul ladhī lam yalid wa lam yūlad wa lam yaku(n) lāhu kufuwān aḥadun.*

5. اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ بِاَنَّ لَكَ الْحَمْدَ، لَا اِلٰهَ اِلَّا اَنْتَ  
الْمُتَنَانُ بَدِيعَ السَّمَوَاتِ وَالْاَرْضِ، يَا ذَا الْجَلَالِ وَالْاِكْرَامِ  
يَا حَيُّ يَا قَيُّوْمُ.

*Allāhumma inni as'aluka bi anna lakal ḥamda, lā ilāha illā Antal Mannānu Badī' us samāwāti wal arḍi, yā Dhal Jalāli wal Ikrami yā Ḥayyu yā Qayyumu.*

6. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ  
الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، اَلْحَمْدُ لِلَّهِ وَ سُبْحَانَ  
اللَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ  
اَللّٰهُمَّ اغْفِرْ لِيْ.

*Lā ilāha illAllāhu waḥdahū lā sharīkalahu, lahul mulku wa lahul ḥamdu wa Huwa 'alā kulli shai'in Qadīrun, alḥamdulillāhi wa subhānAllāhi wa lā ilāha illAllāhu wAllāhu akbaru wa lā ḥawla wa lā quwwata illā billāhi, Allāhummaghfirli.*





*Supplications After  
Ṣalah*





## Supplications After Ṣalah

☆ Say *Allāhu akbar* once in a loud voice after *taslim*.

1. اللَّهُ أَكْبَرُ. (Once)  
*Allāhu akbar*

2. اسْتَغْفِرُ اللَّهَ. (Thrice)  
*Astagfirullah*

3. اَللّٰهُمَّ اَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ  
يَا ذَا الْجَلَالِ وَالْاِكْرَامِ. (Once)  
*Allāhumma Antas Salāmu wa minkas salāmu, tabārakta yā Dhal-Jalāli wal Ikrāmi.*

4. رَبِّ اَعِزَّنِيْ عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ  
عِبَادَتِكَ. (Once)  
*Rabbi a'innī 'ala dhikrika wa shukrika wa ḥusni 'ibadatika.*

5. رَبِّ قِنِيْ عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ.  
*Rabbi qinī 'adhābaka yawma tub'athu 'ibādaka.*

6. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ  
الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ۖ اَللّٰهُمَّ لَا مَانِعَ لِمَا  
اَعْطَيْتَ وَلَا مُعْطٰى لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ  
الْجَدُّ. (Once)

*Lā ilāha illAllāhū waḥdahū lā sharīka lahu, lahul mulku walahul ḥamdu, wa huwa 'alā kullī shai'in qadīrun, Allāhumma lā mānī 'a limā a'taita, walā mu'tiya limā mana'ta, walā yanfa'u dhal-jaddi minkal jaddu.*

7. اَللّٰهُمَّ اغْفِرْ لِيْ مَا قَدَّمْتُ وَمَا اَخَّرْتُ وَمَا اَسْرَرْتُ وَمَا  
اَعْلَنْتُ وَمَا اَسْرَفْتُ وَمَا اَنْتَ اَعْلَمُ بِهِ مِنِّي اَنْتَ الْمُقَدِّمُ  
وَاَنْتَ الْمُؤَخِّرُ لَا إِلَهَ إِلَّا اَنْتَ.

*Allāhummaghfirli mā qaddamtu wa mā akh-khartu wa mā asrartu wa mā a'lantu wa mā asraftu wa mā Anta a'lamu bihi minnī Antal Muqaddimu, wa antal Mu'akh-khiru, lā ilāha illā Anta*

8. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ  
الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ۖ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ،  
لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّا إِيَّاهُ لَهُ التَّعَمُّعُ وَلَهُ الْفَضْلُ وَلَهُ الشَّعَاءُ

الْحَسَنَ لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ.

(Once)

*Lā ilāha illAllāhū waḥdahū lā sharīka lahu, lahul mulku walahul ḥamdu, wa huwa 'alā kulli shai'in Qadīrun. Lā ḥawla walā quwwata illā billāhi, lā ilāha illAllāhu, walā na 'budu illā iyyāhu, lahun ni 'matu walahul faḍlu walahuth thanā ul-ḥasanu, lā ilāha illAllāhu mukhlisīna lahud dīna walaw karihal kāfirūna.*

۹. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ الْجَبَنِ وَاَعُوْذُبِكَ اَنْ اُرَدَّ

اِلَى اَرْضِ الْعُمْرِ وَاَعُوْذُبِكَ مِنْ فِتْنَةِ الدُّنْيَا وَاَعُوْذُبِكَ

مِنْ عَذَابِ الْقَبْرِ.

(Once)

*Allāhumma inni a'udhubika minal jubni wa a'udhubika an uradda ilā ardhilil 'umuri wa a'udhubika min fitnatid dunyā wa a'udhubika min 'adhabil qabri.*

10. سُبْحَانَ اللَّهِ Subhān Allāhi (33 times)

الْحَمْدُ لِلَّهِ Alḥamdulillāhi (33 times)

اللَّهُ أَكْبَرُ Allāhu akbaru (34 times)

11. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ عَذَابِ الْقَبْرِ، اَللّٰهُمَّ اِنِّىْ

اَعُوْذُبِكَ مِنْ عَذَابِ النَّارِ، اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ

اَلْفِتَنِ مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ، اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ  
فِتْنَةِ الْاَعْوَرِ الْكَذَّابِ.

*Allahumma inni a'udhubika min 'adhabil qabri Allahumma inni a'udhubika min 'adhabin nari. Allahumma inni a'udhubika minal fitani ma zahara minhā wa mā baṭana. Allahumma inni a'udhubika min fitnatil a'waril kadh-dhābi.*

12. Recite Ayat al-Kursī

13. Recite Mu'awwidhāt (Al-Ikhlās, Al-Falaq and Al-Nās)

## After Fajr Ṣalah

14. اَللّٰهُمَّ اِنِّىْ اَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلًا

(Once)

*Allāhumma inni as'aluka 'ilman nāfi'an, wa rizqan ṭayyiban, wa 'amala(n)m mutaqaḥbalan.*

15. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ

الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

(10 times)

*Lā ilāha illAllāhu waḥdahū lā sharīka lahu, lahul mulku wa lahul ḥamdu, wa huwa 'alā kulli shai'in qadīrun.*



*Istikharah*  
*Seeking Divine Counsel*



## Istikhārah Seeking Divine Counsel

اَللّٰهُمَّ اِنِّى اَسْتَخِيْرُكَ بِعِلْمِكَ وَاسْتَقْدِرُكَ  
بِقُدْرَتِكَ وَاسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيْمِ، فَاِنَّكَ  
تَقْدِرُ وَلَا اَقْدِرُ وَتَعْلَمُ وَلَا اَعْلَمُ وَاَنْتَ عَلَّامُ الْغُيُوْبِ،  
اَللّٰهُمَّ اِنْ كُنْتَ تَعْلَمُ اَنَّ هَذَا الْاَمْرَ خَيْرٌ لِّىْ فِىْ دِيْنِىْ  
وَمَعَاشِىْ وَعَاقِبَةِ اَمْرِىْ، فَاقْدُرْهُ لِىْ وَيَسِّرْهُ لِىْ،  
ثُمَّ بَارِكْ لِىْ فِيْهِ وَاِنْ كُنْتَ تَعْلَمُ اَنَّ هَذَا الْاَمْرَ  
شَرٌّ لِّىْ فِىْ دِيْنِىْ وَمَعَاشِىْ وَعَاقِبَةِ اَمْرِىْ،  
فَاصْرِفْهُ عَنِّىْ وَاَصْرِفْنِىْ عَنْهُ وَاَقْدِرْ لِىْ  
الْخَيْرَ حَيْثُ كَانَ ثُمَّ اَرْضِنِىْ بِهِ.

Allāhumma innī astakhīruka bi 'ilmika, wa astaqdiruka bi qudratika, wa as'aluka min faḍlikal 'aẓimi, fainnaka taqdiru wa lā aqdiru, wa ta'lamu, wa lā a'lamu, wa Anta 'Allāmul ghuyūbi, Allāhumma in kunta ta'lamu anna hādhal amra khairul li fi dīni wa ma'āshī wa 'āqibati amrī, faqdurhu li wa yassirhu li, thumma bārik li fihi, wa in kunta ta'lamu anna hādhal amra sharrul li fi dīni wa ma'āshī wa 'āqibati amrī, faṣrifhu 'annī waṣrifnī 'anhu waqdur liyal khaira ḥaiṭhu kāna thumma arḍinī bihi



## Merits and References



## Merits and References

### Praise and Glorification

Fuḍālāh bin 'Ubaid رضي الله عنه reported, While the Messenger of Allah ﷺ was seated amongst us, a man entered the mosque and offered his Ṣalāh. After he completed his Ṣalāh he said 'O Allah ﷻ, forgive me, have mercy on me.' The Messenger of Allah ﷺ said, 'O worshipper, you have been hasty. After completing your prayer when you sit to supplicate; then praise Allah ﷻ with praises He is deserving of, invoke blessing for me and then supplicate to Him.' Another man entered the mosque and offered Ṣalāh. After he completed his prayer he praised Allah ﷻ and invoked blessings for the Prophet ﷺ. Thereupon the Messenger of Allah ﷺ said, 'O worshipper, supplicate, you will be answered.' [*Jāmi' al-Tirmidhī*: 3476] *Ṣaḥīḥ*

1. Abū Hurairah رضي الله عنه reported that the Messenger of Allah ﷺ said, There are two words which are light on the tongue, but (on the Day of Judgment) will be heavy in the scale and they are dear to the Most Merciful:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ

Glory be to Allah and all praise be to Him; Glory be to Allah, the Most Great. [*Ṣaḥīḥ Muslim*: 6846]

2. Ibn 'Umar رضي الله عنه reported, While we said the prayer with the Messenger of Allah ﷺ, one among the people said:

أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ كَبِيرًا وَسُبْحَانَ اللَّهِ بُكْرَةً وَأَصِيلًا

Allah is truly Great, Praise be to Allah in abundance and Glory be to Allah in the morning and the evening.

The Messenger of Allah ﷺ said, 'Who uttered such and such words?' A person among the people said: 'It is I, O Messenger of Allah ﷺ.' He ﷺ said, 'It surprised me, for the doors of heaven were opened for it.' Ibn 'Umar رضي الله عنه said: 'I have not left (saying) them since I heard the Messenger of Allah ﷺ saying this.' [*Ṣaḥīḥ Muslim*: 1358]

## Peace and Blessings Upon the Messenger of Allah ﷺ

1. Zaid bin Khārjah رضي الله عنه narrated that I asked the Messenger of Allah ﷺ and he ﷺ said, invoke peace and blessings for me and make supplications and say:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ.

O Allah! Bestow Your Mercy upon Muḥammad ﷺ and upon the descendants of Muḥammad ﷺ. [*Sunan Nasā'i*: 1293] *Ṣaḥīḥ*

2. Abū Sa'īd al-Khudrī رضي الله عنه narrated, we said, 'O Messenger of Allah ﷺ, (We know) how to greet you but how shall we invoke Allah ﷻ for you?' He ﷺ said, say:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ عَبْدِكَ وَرَسُولِكَ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَبَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَآلِ إِبْرَاهِيمَ.

O Allah! Bestow Your mercy upon your servant and messenger, Muḥammad ﷺ as You bestowed upon Ibrāhīm ﷺ and bless Muḥammad ﷺ and the descendants of Muḥammad ﷺ, as You blessed Ibrāhīm ﷺ and the descendants of Ibrāhīm ﷺ.

[*Ṣaḥīḥ al-Bukhārī*: 6358]

### Supplications for Morning and Evening

Anas Ibn Mālik رضي الله عنه narrated that the Prophet ﷺ said, 'I prefer to sit in the company of the people who remember Allah, the Exalted from morning prayer till the sun rises than that I emancipate four slaves from the Children of Isma'il. I prefer to sit in the company of people who remember Allah ﷻ from 'Asr prayer till the sun sets than that I emancipate four slaves from the Children of Isma'il. [*Sunan Abū Dawūd*: 3667] *Ḥasan*

1. Juwairiyah رضي الله عنها reported that one day the Prophet ﷺ left her apartment in the morning as she was busy in observing her fajr prayer in her place of worship. He ﷺ came back in the forenoon and she was still sitting there. The Prophet ﷺ said to her, 'You have been in the same place since I left you?' She said, 'Yes'. Thereupon He ﷺ said, I recited four words three times after I left you and if they were to be weighed

against what you have recited since morning they would outweigh them and they are:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَرِثَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ.

Glory be to Allah, and praise be to Him to the extent of the number of His creation and to the extent of His pleasure and to the extent of the weight of His Throne and to the extent of the ink of His words.

[Ṣaḥīḥ Muslim: 6913]

2. Muḥammad bin Ubayy bin Ka'b رضي الله عنه narrated from his father that he had some date palm orchards that were decreasing in their fruit, so one night he decided to stand guard over it when a creature resembling a young boy approached him and said Salām. When he returned the Salām, he asked, 'Are you a jinn or a human?' He replied, 'I am a jinn'. Ubayy رضي الله عنه said, 'Hold out your hand to me'. He held out his hand to him and Ubayy saw that his hand was like that of a dog's paw and his hair was like dog's fur. Ubayy رضي الله عنه asked him, 'Do all the jinn look like this?' He said, 'I know no one among the jinn who is stronger than I'. Ubayy رضي الله عنه then said, 'What made you do what you did?' He said, 'We heard that you are a man who loves charity, and we wanted to have a portion of your food'. Ubayy رضي الله عنه asked him, 'What will protect us from you?' He said, 'The verse that is in Al-Baqarah:

﴿إِلَٰهَ لَا إِلَٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ﴾

Allah - there is no true deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is (presently) before them and what will be after them and they encompass not a thing of His knowledge except for what He wills. His *Kursi* extends over the heavens and the earth and their preservation tires Him not. And He is the Most High, the Most Great. [Al-Baqarah: 255]

Whoever recites it in the evening will be protected from us until the morning, and whoever recites it in the morning will be protected from us until the evening'. In the morning when he mentioned this to the Messenger of Allah ﷺ, he said, 'The filthy one has spoken the truth'.

[Al-Mu'jam al-Kabir al-Ṭabarani, Vol: 1, 541] Ṣaḥīḥ

3. Abū Hurairah رضي الله عنه narrated that the Prophet ﷺ used to teach his companions to say in the morning,

اَللّٰهُمَّ بِكَ اَصْبَحْنَا وَبِكَ اَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَاِلَيْكَ الْمَصِيْرُ

O Allah! By Your leave we reach the morning and by Your leave we reach the evening and by Your leave we live and by Your leave we will die and to You is our return.

and to say in the evening,

اَللّٰهُمَّ بِكَ اَمْسَيْنَا وَبِكَ اَصْبَحْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَاِلَيْكَ الْمَصِيْرُ

O Allah! By Your leave we reach the evening and by Your leave we reach the morning and by Your leave we live and by Your leave we will die, and to You is our resurrection. [Jāmi' al-Tirmidhi: 3391] Ṣaḥīḥ

4. Abdul Raḥmān bin Abzā رضي الله عنه narrated from his father that the Messenger of Allah ﷺ would recite in the morning and evening:

اَصْبَحْنَا عَلَى فِطْرَةِ الْاِسْلَامِ وَعَلَى كَلِمَةِ الْاِخْلَاصِ وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ ﷺ

وَعَلَى مِلَّةِ اٰبَائِنَا اِبْرَاهِيْمَ خَيْرَتِنَا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِيْنَ

We enter a new morning upon the *Fiṭrah* (pure disposition) of Islām, upon the word of pure faith, upon the religion of our Prophet Muḥammad ﷺ and upon the creed of our forefather Ibrahim عليه السلام who was one inclining towards truth, a Muslim [submitting to Allah] and he was not of the polytheists.

[Musnad Ahmad, Vol: 24, Ḥadīth: 15360, 15363] Ṣaḥīḥ

5. Abū Rāshid Hibrānī رضي الله عنه reported that I came to 'Abdullah bin 'Amr bin Al-'Aṣ رضي الله عنه and asked him to narrate to me any Ḥadīth that he had heard from the Prophet ﷺ. He cast a written script towards me and said that the Messenger of Allah ﷺ dictated this to me. The narrator says that he looked at it and it stated: Abū Bakr al-Ṣiddiq رضي الله عنه said, 'O Messenger of Allah ﷺ, tell me some words I can say in the morning and in the evening'. He ﷺ said, say,

اَللّٰهُمَّ فَاطِرَ السَّمَوَاتِ وَالْاَرْضِ، عَالِمُ الْغَيْبِ وَالشَّهَادَةِ، لَا اِلٰهَ اِلَّا اَنْتَ رَبُّ كُلِّ شَيْءٍ وَعَلَيْكَ

اَتَوَكَّلُ بِكَ مِنْ شَرِّ نَفْسِيْ وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّ كُلِّ اَقْرَبٍ عَلَيَّ نَفْسِيْ شَرُّهُ اَوْ اَنْجُوْهُ اِلٰى مُسْلِمٍ

O Allah - Originator of the heavens and the earth, Knower of the unseen and the seen, Lord and Sovereign of all things - I seek refuge

in You from the evil of myself and from the evil of Satan and his shirk (association with You) and from committing a wrong against my soul or against another Muslim. [Sunan al-Tirmidhi: 3529] *Ṣaḥīḥ*

6. ‘Abdullāh bin Mas‘ūd رضي الله عنه reported, in the evening the Prophet ﷺ would supplicate,

أَمْسَيْتُمْ وَأَمْسَى الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ

We and the entire dominion have entered a new evening for Allah, and all praise is due to Allah, there is no true deity except Allah, the One, Who has no partner with Him.

‘Abdullāh رضي الله عنه says that I think that the Prophet ﷺ also said the following with these words:

لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ

وَأَعِزَّنِي مَا بَعْدَهَا وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَشَرِّ

الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ.

His is the Sovereignty and all Praise is due to Him and He has power over all things. My Lord, I ask you for the good of this day and the good that follows it, and I seek refuge in You from the evil of this day and the evil that follows it. My Lord, I seek refuge in You from laziness, and from the helplessness of old age. My Lord, I seek refuge in You from the punishment of the hellfire and the punishment in the grave.

And likewise in the morning he would say:

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ...

We and the entire dominion have entered a new morning for Allah, and all praise is due to Allah, there is no true deity except Allah, the One, Who has no partner with Him. His is the Sovereignty and all Praise is due to Him and He has power over all things. My Lord, I ask you for the good of this night and the good that follows it, and I seek refuge in You from the evil of this night and the evil that follows it. My Lord, I seek refuge in You from laziness, and from the helplessness of old age. My Lord, I seek refuge in You from the punishment of the hellfire and the punishment of the grave.

[*Ṣaḥīḥ Muslim: 6908*]

7. The Prophet ﷺ said, ‘If anyone says in the morning:

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا.

I am pleased with Allah as Lord, with Islam as religion, and with Muhammad ﷺ as Prophet.

I guarantee that I will continue to hold his hand until he is admitted to Jannah’. [*Al-Silsilah al-Ṣaḥīḥah: 2686*]

8. Abū Hurairah رضي الله عنه said, a man came to the Messenger of Allah ﷺ and said, ‘O Messenger of Allah ﷺ, what agony I suffered last night from a scorpion which stung me!’ He ﷺ said, ‘If you had said in the evening,

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

I seek refuge in the complete, perfect words of Allah from the evil of what He has created.

it would not have harmed you’. [*Ṣaḥīḥ Muslim: 6880*]

9. Uthmān bin ‘Affān رضي الله عنه narrated, I heard the Messenger of Allah ﷺ saying: ‘If anyone says three times (in the evening):

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ.

In the name of Allah, by Whose name nothing on the earth or in the heavens can cause harm, and He is the All Knowing, the All-Hearing.

he will not suffer sudden affliction until the morning, and if anyone says it in the morning, he will not suffer sudden affliction until the evening. A narrator reports that Abān bin ‘Uthmān (a narrator) was afflicted by paralysis. A man, who was hearing this tradition from him, began to look at him (in surprise at his disease). He said to him, ‘Why are you looking at me?’ I swear by Allah ﷻ, I did not tell a lie about ‘Uthmān, nor did ‘Uthmān tell a lie about the Prophet ﷺ, but that day when I was afflicted by it (the paralysis), I became angry and forgot to say these words’. [*Sunan Abū Dawūd: 5088*] *Ṣaḥīḥ*

10. & 11. ‘Abdur Raḥmān bin Abū Bakrah رضي الله عنه said that he said to his father, ‘O my father! I hear you supplicating every evening:

اَللّٰهُمَّ عَالِمِ سِرِّيْ، اَللّٰهُمَّ عَالِمِ فِئْتِيْ سَمْعِيْ، اَللّٰهُمَّ عَالِمِ بَيْتِيْ لَا إِلَهَ إِلَّا أَنْتَ

O Allah! Grant well-being to my body, O Allah! Grant well-being to





And

﴿قُلْ أَغُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝﴾

مِنْ خَيْرِ الْمَوْسَوِي ۝ الْغِيَاثِ ۝ الَّذِي يُؤْمِرُ فِي ضُلُوكِ النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ ۝﴾

Say: I seek refuge in the Lord of mankind, the Sovereign of mankind, the God of mankind, from the evil of the retreating whisperer, who whispers [evil] in the chests of mankind, amongst the Jinn and mankind.

Recite them three times each in the morning and in the evening; they will serve you for every purpose.' [Sunan Abū Dawūd: 5082] Hasan

18. Abū 'Ayyāsh ۞ narrated that the Prophet ۞ said,

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْخَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

There is no true deity except Allah, alone, He has no partners. To Him belongs the dominion and to Him is due all praise and He is upon all things Always All-Able.

'Whoever says this will be rewarded for freeing a slave from the children of Ismail (as), ten good deeds will be recorded for him and ten bad deeds will be wiped away from his account and his ranks will be raised ten times and he will gain refuge from the Satan until evening and he will have the same (benefit) if he says them in the morning'. [Sunan Abū Dawūd: 5077] Ṣaḥīḥ

19. Abū Hurairah ۞ narrated that the Messenger of Allah ۞ said, 'On the Day of Resurrection no one will bring any deed better than the one who says,

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ.

Glory be to Allah, and praise be to Him.

a hundred times in the morning and evening, except the one who says the same as him or more.' [Ṣaḥīḥ Muslim: 6843]

20. It is narrated by Abū Mūsā al-Ash'arī ۞ that we were sitting and the Messenger of Allah ۞ came and said, 'I have not spent any morning without seeking forgiveness from Allah a hundred times.'

أَسْتَغْفِرُ اللَّهَ.

I seek forgiveness from Allah.

[Al-Mu'jam Al-Awsat li al-Ṭabarrānī, Vol: 4, Ḥadīth: 3749] Ṣaḥīḥ

## Supplication of a Traveler in the Morning

Abū Hurairah ۞ narrated that when the Messenger of Allah ۞ travelled, he would supplicate in the morning,

سَمِعَ سَامِعٌ بِحَمْدِ اللَّهِ وَحُسْنِ بَلَايِهِ عَلَيْنَا، رَبَّنَا صَاحِبَنَا وَأَقْبَلْ عَلَيْنَا عَائِدًا بِاللَّهُ مِنَ النَّارِ.

He who listens has heard the praise of Allah and (the confession of) His favours upon us. Our Lord, be with us, bestow favours upon us.

I seek refuge in Allah from the fire. [Ṣaḥīḥ Muslim: 6900]

## Supplications for Protection

1. اللَّهُمَّ إِنِّي أَغُوذُ بِكَ مِنْ مُنْكَرَاتِ الْأَعْمَالِ وَالْأَعْوَاءِ

O Allah! Verily, I seek refuge in You from bad manners, deeds and desires. [Sunan al-Tirmidhī: 3591] Ṣaḥīḥ

2. اللَّهُمَّ إِنِّي أَغُوذُ بِكَ مِنْ شَرِّ مَا عَمِلْتُ وَمِنْ شَرِّ مَا لَمْ أَفْعَلْ

O Allah! Verily, I seek refuge in You from the evil of that which I have done and the evil of that which I have not done. [Ṣaḥīḥ Muslim: 6895]

3. اللَّهُمَّ إِنِّي أَغُوذُ بِكَ مِنَ الْبَرَصِ وَالْحُسُونِ وَالْجُدَامِ وَسَيِّئِ الْأَنْفَاعِ

O Allah! Verily, I seek refuge in You from leucoderma, madness, leprosy and extremely fatal diseases. [Sunan Abū Dawūd: 1554] Ṣaḥīḥ

4. اللَّهُمَّ إِنِّي أَغُوذُ بِكَ مِنْ جَنْبِ الدُّنْيَا، وَجَنْبِ يَوْمِ الْقِيَامَةِ

O Allah, Verily I seek refuge in You from the constriction of the world and the constriction of the Day of Standing. [Sunan Abū Dawūd: 5085] Hasan Ṣaḥīḥ

5. اللَّهُمَّ إِنِّي أَغُوذُ بِكَ مِنْ قَوْلٍ لَا يُسْمَعُ وَعَمَلٍ لَا يُزْفَعُ وَقَلْبٍ لَا يَفْقَهُ وَعِلْمٍ لَا يَنْفَعُ

O Allah, Verily I seek refuge in You from a word that is not heard, a deed that is not raised, a heart that does not humble and knowledge that does not benefit. [Musnad Aḥmad, Vol: 20, 13003] Ṣaḥīḥ

6. Abū Hurairah ۞ reported that the Prophet ۞ said, 'Whoever says:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْخَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

There is no true deity except Allah, alone, He has no partners. To Him belongs the dominion and for Him is all praise and He is upon all things

Always All-Powerful.

will be rewarded for freeing a slave from the children of Ismail, ten good deeds will be recorded for him and ten bad deeds will be wiped away from his account and his ranks will be raised ten times and he will gain refuge from the Satan until evening and he has the same for him if he says them in the morning.' [Saḥīḥ al-Bukhārī: 3293]

7. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ وَذُرْبِ الشَّقَاءِ وَسُوءِ الْقَضَاءِ وَضَمَانَةِ الْأَعْدَاءِ

O Allah! Verily, I seek refuge in You from severe trials and hardship, to be overtaken by misfortune, bad fate and the rejoicing of enemies. [Saḥīḥ al-Bukhārī: 6347]

8. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْفَقْرِ وَالْقِلَّةِ وَالذُّلَّةِ وَأَعُوذُ بِكَ مِنْ أَنْ أَظْلِمَ أَوْ أَظْلَمَ

O Allah! Verily I seek refuge in You from poverty, scarcity, humiliation, and I seek refuge in You that I may oppress anyone or that I may be oppressed by anyone. [Sunan Abū Dawūd: 1544] Saḥīḥ

9. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ بَعْدِيكَ وَتَحَوُّلِ عَائِيكَ وَفُجَاءَةِ يَمِينِكَ وَجَمِيعِ سَخِطِكَ

O Allah! Verily I seek refuge in You from the decline of Your blessings, the change of our state of well-being, the sudden onset of Your punishment and from all that displeases You. [Saḥīḥ Muslim: 6943]

10. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ خَيْرِ سَمْعِي وَمِنْ خَيْرِ بَصَرِي وَمِنْ خَيْرِ لِسَانِي

وَمِنْ خَيْرِ قَلْبِي وَمِنْ خَيْرِ نَفْسِي

O Allah! Verily I seek refuge in You from the evil of my hearing and the evil of my sight and from the evil of my tongue and from the evil of my heart and from the evil of my semen. [Sunan Abū Dawūd: 1551] Saḥīḥ

11. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا يَخْشَعُ وَمِنْ نَفْسٍ لَا تَشْغَعُ

وَمِنْ ذُرْعَةٍ لَا يَنْصَحُهَا لَهَا

O Allah! Verily I seek refuge in You from knowledge which is not beneficial and from a heart which does not fear and from a soul which is not satisfied and from a prayer which is not answered. [Saḥīḥ Muslim: 6906]

12. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُوعِ فَإِنَّهُ يَنْسُ الصُّجْعَةَ وَأَعُوذُ بِكَ مِنَ الْعِيَانَةِ فَإِنَّهَا يَنْسُبُ الْبِطَانَةَ

O Allah! Verily I seek refuge in You from hunger because it is the worst

companion and I seek refuge in You from cheating because it is the worst confidante. [Sunan Abū Dawūd: 1547; Ḥasan]

13. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْهَرَمِ وَالْخُلِّ وَالْأَعْدَابِ

مِنْ عَذَابِ الْقَبْرِ وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ

O Allah! Verily I seek refuge in You from incapacity and laziness and cowardice and senility and miserliness and I seek refuge in You from the torment of grave and from the trials and tribulations of life and death. [Saḥīḥ Muslim: 6873]

14. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ يَوْمِ السُّوءِ وَمِنْ نَيْلَةِ السُّوءِ وَمِنْ سَاعَةِ السُّوءِ

وَمِنْ صَاحِبِ السُّوءِ وَمِنْ جَارِ السُّوءِ فِي دَارِ الْمُنَاقَاةِ

O Allah! Verily I seek refuge in You from an evil day, an evil night, an evil moment, an evil companion and from an evil neighbour in the place of residence. [Al-Mu'jam al-Kabīr lil Ṭabarānī, vol: 17, 801; Ḥasan]

15. أَعُوذُ بِاللَّهِ أَنْ أَرُدَّ إِلَى أَرْدَلِ الْعُمَرُ وَأَعُوذُ بِاللَّهِ مِنَ الْخُلِّ وَالْجُبْنِ وَأَعُوذُ بِاللَّهِ مِنْ

فِتْنَةِ الصَّدْرِ وَبَنَى الرِّجَالِ

I seek refuge in Allah from being returned to an abject age, and I seek refuge in You from miserliness and cowardice, and I seek refuge in Allah from the trials of the chest (heart) and the oppression of men. [Saḥīḥ ibn Hibbān, Vol: 3, 1011; Saḥīḥ]

16. Abū Naḍrah narrates that Ibn ʿAbbās ؓ stood on the podium and said, the Messenger of Allah ﷺ sought refuge from four things after every obligatory ṣalāh by saying:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ النَّارِ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْفِتَنِ مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ فِتْنَةِ الْأَعْدَابِ

O Allah, verily I seek refuge in You from the punishment of the grave.

O Allah, verily I seek refuge in You from the punishment of the fire.

O Allah, verily I seek refuge in You from all trials: apparent and hidden.

O Allah, I seek refuge in You from trials of the one-eyed liar (i.e. Dajjal).

[Musnad Ahmad, Vol: 4, 2778] Saḥīḥ

17. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الشَّرِّ مِنَ الْهَلَسَمِ وَالْفَرْقِ وَالْخَرَقِ وَأَعُوذُ بِكَ أَنْ يَنْعَضِظَنِي

الْشَيْطَانُ عِنْدَ الْمَوْتِ وَأَعُوذُ بِكَ أَنْ أَمُوتَ فِي سَبِيلِكَ مُلْهِبًا وَأَعُوذُ بِكَ أَنْ أَمُوتَ لَيْدِيًا

O Allah! Verily I seek refuge in You from death caused by falling, by being buried, by drowning and by burning; and I seek refuge in You that Satan confounds me at the time of death and I seek refuge in You that I die in Your way while turning my back (fleeing) and I seek refuge in You that I die by getting stung. [Sunan al-Nasa'i: 5533] *Ṣaḥīḥ*

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْبُخْلِ وَالْهَرَمِ وَالْقَسْوَةِ وَالْفَقْرِ وَالْغَلَّةِ وَالْغَلَّةِ 18. وَالْذَلَّةِ وَالْمُسْكِنَةِ وَأَعُوذُ بِكَ مِنَ الْفَقْرِ وَالْخُفْرِ وَالْفُسْوَى وَالشَّقَاىِ وَالْبَقَاىِ وَالسُّمْعَةِ وَالرَّيَاةِ وَأَعُوذُ بِكَ مِنَ الضَّمَمِ وَالْجُحْمِ وَالْجُنُونِ وَالْجَذَامِ وَالزَّمَرِ وَسَيِّئِ الْأَسْقَامِ

O Allah! Verily I seek refuge in You from incapacity, laziness, cowardice, miserliness, senility, a hard heart, heedlessness, deprivation, humiliation, destitution. And I seek refuge in you from poverty, disbelief, disobedience, opposition, hypocrisy, bad reputation and showing off. And I seek refuge in You from deafness, dumbness, insanity, leprosy, and leucoderma and from all fatal diseases. [Al-Mustadrak lil Hākim, Vol: 2, 1987] *Ṣaḥīḥ*

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ خَارِ السُّوءِ، وَمِنْ رُوحِ الشَّيْطَانِ قَبْلَ الْمَشِيبِ، وَمَنْ وَلَدَ يَكُونُ عَلَى رَأْسِ 19. وَمِنْ مَالٍ يَكُونُ عَلَى عَذَابٍ، وَمِنْ خِلَافٍ مَا كَرِهْتُهُ تَرَاهِي، وَقَلْبُهُ يَزْغَانِي إِنْ رَأَى حَسَنَةً دَقَّقَهَا، وَإِذَا رَأَى شَيْئَةً أَدَاغَهَا

O Allah, verily I seek refuge in You from evil neighbours, and from a spouse who will cause me to age before my time, and from children who will become dominant over me, and from wealth which will become a means of torment for me, and a treacherous friend whose eyes are always watching me, and in his heart he is probing into my affairs. If he sees any good, he conceals it and when sees any fault he exposes it. [Al-Silsilah al-Ṣaḥīḥah: 3137]

اللَّهُمَّ لَكَ أَسْلَمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَ إِلَيْكَ أَنَبْتُ وَ بَكَ عَاصَمْتُ، 20. اللَّهُمَّ إِنِّي أَعُوذُ بِعَزَّتِكَ لَا إِلَهَ إِلَّا أَنْتَ أَوْ تُصَلِّينَ، أَنْتَ الْبَحِيُّ الدَّيُّ لَا يَمُوتُ وَالْجِنُّ وَالْإِنْسُ يَمُوتُونَ O Allah, to You I submit, and in You I believe, and upon You I rely, and to You I return, and with Your help I face the enemy. O Allah, verily I seek refuge in Your honour - there is no deity worthy of worship except You - that You let me go astray. You are the Ever-Living who will not die while the jinn and men will die. [Ṣaḥīḥ Muslim: 6899]

21. Suhail رضي الله عنه narrated that when one of us went to sleep, Abū Sālih commanded us to sleep on our right side and to supplicate:

اللَّهُمَّ رَبَّ السَّمَوَاتِ وَ رَبَّ الْأَرْضِ وَ رَبَّ الْعَرْشِ الْعَظِيمِ، رَبَّنَا وَ رَبَّ كُلِّ شَيْءٍ، فَالِقَ 21. الْحَبِّ وَالنَّوَى، وَمُزِيلَ الثُّرَاةِ وَالْإِنجِيلِ وَالْفُرْقَانِ، أَعُوذُ بِكَ مِنْ شَرِّ كُلِّ شَيْءٍ أَنْتَ آخِذٌ بِنَاصِيَتِهِ اللَّهُمَّ أَنْتَ الْأَوَّلُ فَلَيْسَ قَبْلَكَ شَيْءٌ وَأَنْتَ الْآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ، وَأَنْتَ الظَّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ، وَأَنْتَ الْبَاطِنُ فَلَيْسَ دُونَكَ شَيْءٌ، افْضِنْ عَنَّا الدَّيْنَ وَ ارْحَمْنَا مِنَ الْفَقْرِ

O Allah! Lord of the heavens and Lord of the earth and Lord of the great throne, Our Lord and the Lord of everything, One who cleaves the grain and the seed, and One who sent down the Torah and the Gospel and the Criterion, I seek refuge from the evil of everything You have grasped by its forelock. O Allah! You are the First thus there is nothing before You, You are the Final thus there is nothing after You, You are the Ascendant thus there is nothing above You, and You are the Intimate thus there is nothing besides You, remove from us our debts and enrich us against poverty. [Ṣaḥīḥ Muslim: 6889]

22. Abū Hurairah رضي الله عنه narrated that the Messenger of Allah ﷺ said, seek refuge in Allah from four things in tashahud:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ، وَمِنْ عَذَابِ الْقَبْرِ، وَمِنْ فِتْنَةِ الْمَحْيَا 22. وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ

O Allah, verily I seek refuge in You from the punishment of Hell, and from the punishment of the grave, and from the trials of life and death, and from the trials of Dajjal, the false messiah. [Ṣaḥīḥ Muslim: 1324]

### Supplications for Protection from an Enemy

1. The incident of the People of the Ditch in which the young boy sought protection from his enemy by supplicating:

اللَّهُمَّ اكْفِنِيهِمْ بِمَا شِئْتَ.

O Allah! Suffice (i.e. protect) me against them in any way You wish. [Ṣaḥīḥ Muslim: 7511]

2. Abū Mūsā al-Ash'arī رضي الله عنه narrated that when the Prophet ﷺ feared a

(group of) people, he would say:

اَللّٰهُمَّ اِنَّا نَجْعَلُكَ لِيْنَ نُعُوْذُ بِكَ مِنْ شُرُوْرِهِمْ.

O Allah! Indeed, we place You before them (i.e. make You a shield) and we seek refuge in You from their evil. [Sunan Abū Dawūd: 1537] Ṣaḥīḥ

3. The supplication Prophet Muṣā   made when Pharaoh had resolved to kill him:

اِنَّيْ عَظْتُ بِرَبِّيْ وَرَبِّكُمْ مِنْ كُلِّ مُتَكَبِّرٍ لَا يُؤْمِنُ بِيَوْمِ الْحِسَابِ.

Indeed, I have sought refuge in my Lord and your Lord from every arrogant one who does not believe in the Day of Account. [Surah Al-Mu'min: 27]

4. Abū Hurairah   narrated that the Messenger of Allah supplicated:

اَللّٰهُمَّ بَنِعْصِيْ بِسْمِعِيْ وَبَصَرِيْ وَاجْعَلْهُمَا الْوَارِثَ بَيْنِيْ وَالصُّرَى عَلَى مَنْ يُّظْلِمُنِيْ وَخُذْ بِنِيْ بِقَارِيْ.

O Allah, benefit me with my hearing and my sight and let them both be my heirs (i.e. Let them last my entire life). Help me against the one who wrongs me and take revenge from him for me. [Sunan al-Tirmidhī: 3604/7] Ḥasan

5. Abdullah bin Mas'ūd   said, 'When there is a ruler in charge of you whose arrogance or injustice is feared, you should say,

اَللّٰهُمَّ زِبْ السُّنُوتِ الشَّيْءِ وَزِبْ الْعَرْشِ الْعَظِيْمِ، كُنْ لِيْ جَاْزَاً مِنْ فُلَاْنٍ بِنِ فُلَاْنٍ وَ

اَعْرَازِهِ مِنْ خِلَافَتِكَ، اَنْ يُّفَرِّطَ عَلَيَّ اَحَدٌ مِنْهُمْ اَوْ يُّظْلِمَنِيْ، عَزَّ جَبَّارُكَ وَجَلَّ ثَنَّاؤُكَ وَلَا إِلَهَ اِلَّا اَنْتَ.

O Allah! Lord of the seven Heavens and Lord of the magnificent Throne, be my Protector against so-and-so, the son of so-and-so, and his followers among Your creatures so that none of them exceeds the bounds towards me or oppresses me. Your protection is mighty and Your praise is great. There is no true deity except You.' [Al-Adab al-Mufrad lil Bukhārī: 707] Ṣaḥīḥ

6. Ibn 'Abbās   said, when you go to an oppressive ruler and fear that he will dominate you, then say,

اَللّٰهُ اَكْبَرُ، اَللّٰهُ اَعَزُّ مِنْ خَلْقِهِ جَمِيْعًا، اَللّٰهُ اَعَزُّ

بِمَا اَخَافُ وَاَحْذَرُ، اَعُوْذُ بِاللّٰهِ الَّذِيْ لَا إِلَهَ اِلَّا هُوَ، اَلْمُسْتَمْبِكُ السُّنُوتِ الشَّيْءِ اَنْ يُّفْتَنَ عَلَيَّ

اَلْاَرْضِ اِلَّا بِاِذْنِهِ، مِنْ شَرِّ عَبْدِكَ فُلَاْنٍ وَخُلُوْدِهِ وَاتِّبَاعِهِ وَاشْتِبَاعِهِ مِنَ الْجِنِّ وَالْاِنْسِ، اَللّٰهُمَّ كُنْ لِيْ

جَاْزَاً مِنْ شَرِّهِمْ، جَلَّ ثَنَّاؤُكَ وَعَزَّ جَبَّارُكَ وَتَبَارَكَ اسْمُكَ وَلَا إِلَهَ غَيْرُكَ.

Allah is the Greatest, Allah is Mightier than all His creation and Allah is Mightier than all that I fear and all that I am wary of. I seek refuge with Allah. There is no true deity except Him, the One who withholds the seven heavens from falling onto the earth except by His permission, from the evil of your slave so-and-so and his armies and followers and supporters, both among jinn and men. O Allah, be my protector against their evil. Your praise is great and Your protection is immense, Blessed is Your Name. There is no true deity except You. [Al-Adab al-Mufrad lil Bukhārī: 708] Ṣaḥīḥ

### Supplications for Protection during the Night

1. Abū Mas'ūd Badrī   narrated that the Messenger of Allah   said, 'Whoever recites the last two verses of Al-Baqarah at night, they will be sufficient for him:

اٰمِنَ الْمَوْسُوْلُ بِمَا اَنْزَلَ اِلَيْهِ مِنْ رَّبِّهِ

وَالْمُؤْمِنُوْنَ كُلُّ اَمْنٍ بِاللّٰهِ وَمَلٰئِكَتِهِ وَرُسُلِهِ   لَا تَقْرَءُ بَيْنَ اَمْرِ بْنِ رُسُلِهِ   وَقَالُوا سَمِعْنَا وَاتَّقْنَا   غَفَرَا لَكَ رَبَّنَا وَاَيْتِكَ الْمَصِيْرُ   لَا يَكْفُلُ اللّٰهُ نَفْسًا اِلَّا وَشَفَعًا   لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ   رَبَّنَا لَا تُؤَاخِذْنَا اِنْ كُنْتُمْ اِذَا رَجَعْنَا اِلَآ اَوْخَاطَا   رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا اَوْرَاسًا كَمَا كُنْتَ حَمْلَةً عَلٰى الَّذِيْنَ مِنْ قَبْلِنَا   رَبَّنَا وَلَا تَحْبِلْ مَا لَنَا مِنْ عَاقِلَةٍ لَّا بِهٍ   وَاَعْفُ عَنَّا   وَاغْفِرْ لَنَا   وَارْحَمْنَا   اَنْتَ مَوْلَا فَاغْفِرْنَا   عَلَى الْقَوْمِ الْكَافِرِيْنَ  

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], 'We make no distinction between any of His messengers.' And they say, 'We hear and we obey. We seek Your forgiveness, our Lord, and to You is the final destination.' Allah does not charge a soul except [with that within] its capacity. It will have the consequence of what good it has earned, and it will bear the consequence of what evil it has earned. 'Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before

us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our Protector, so give us victory over the disbelieving people.' *[Al-Baqarah: 285-286]* [Ṣaḥīḥ al-Bukhārī: 4008]

2. Muḥammad bin Ubayy bin Ka'b ʿ narrated from his father that he had some date palm orchards that were decreasing in their fruit, so one night he decided to stand guard over it when a creature resembling a young boy approached him and said Salām. When he returned the Salām, he asked, 'Are you a jinn or a human?' He replied, 'I am a jinn.' Ubayy ʿ said, 'Hold out your hand to me.' He held out his hand to him and Ubayy saw that his hand was like that of a dog's paw and his hair was like dog's fur. Ubayy ʿ asked him, 'Do all the jinn look like this?' He said, 'I know no one among the jinn who is stronger than I.' Ubayy ʿ then said, 'What made you do what you did?' He said, 'We heard that you are a man who loves charity, and we wanted to have a portion of your food.' Ubayy ʿ asked him, 'What will protect us from you?' He said, 'The verse that is in Al-Baqarah [Surah Al-Baqarah: 255]:

﴿اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ...﴾

Allah - there is no true deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is (presently) before them and what will be after them and they encompass not a thing of His knowledge except for what He wills. His Kursī extends over the heavens and the earth and their preservation tires Him not. And He is the Most High, the Most Great. Whoever recites it in the evening will be protected from us until the morning, and whoever recites it in the morning will be protected from us until the evening.' In the morning when he mentioned this to the Messenger of Allah ʿ, he said, 'The filthy one has spoken the truth.' *[Al-Mu'jam al-Kabir al-Tabarani, Vol: 1, 541]* Ṣaḥīḥ

### Supplications for Fright During Sleep

1. Umar bin Shu'aib ʿ reported from his father and he from his grandfather that the Prophet ʿ said, 'When one of you is frightened during sleep he should say,

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ وَشَرِّ عِبَادِهِ

وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَكْظُرُنِ.

I seek refuge in the complete, perfect words of Allah from His anger and punishment, and from the evil of His servants and from the whispers and appearance of devils. And then nothing will harm him.' *[Sunan al-Tirmidhī: 3528]* Ḥasan

2. Khalid bin Walid ʿ reported that he used to become frightened during his sleep so he went to the Prophet ʿ and I said, 'I am frightened during my sleep at night and I take my sword and I kill whatever appears before me.' The Prophet ʿ said, 'Shall I teach you some words that were taught to me by Jibrail ʿ?' I said: 'Yes, indeed.' He ʿ said, say,

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يَخَافُهَا شَيْءٌ مِنْ السَّمَاءِ وَمَا يُنْزَلُ مِنْ شَرٍّْ فَهِيَ اللَّيْلُ وَالنَّهَارُ وَمَنْ حُلَّ عَذَابِي إِلَّا عَذَابِي بِخَيْرٍ أَوْ رَحْمَانُ.

I seek refuge in the complete, perfect words of Allah which neither the righteous nor the sinful person can exceed, from the evil that descends from the sky and the evil that ascends in it, and from the trials of the night and the day and from the visitations of the night except for the one that comes with good, O Merciful One!

So when Khalid did that, his fear departed. *[Al-Mu'jam al-Awsaṭ lil-Ṭabranī, Vol: 6, Ḥaḍīth: 5411]* Ṣaḥīḥ

### Supplications After a Bad Dream

1. Jabir ʿ reported that the Prophet ʿ said, 'If one of you sees an unpleasant dream he should spit on the left side, seek refuge in Allah from Satan, and should change his sleeping position.

2. Abū Salamah ʿ reported, 'I would see such bad and disturbing dreams that I would become sick until I met Abū Qatādah ʿ and he said, 'I was in a similar state until I heard the Messenger of Allah ʿ saying, 'A good dream comes from Allah ʿ and a bad dream from Satan. So when one of you sees a bad dream which he does not like, he should spit on his left side three times and seek refuge with Allah by saying:

أَعُوذُ بِاللَّهِ مِنْ شَرِّ الشَّيْطَانِ وَشَرِّهَا.

I seek refuge with Allah from the evil of Satan and its (i.e. dream's) evil. And not mention the dream to anyone, then he (Satan) will not harm him.' *[Ṣaḥīḥ Muslim: 5903]*

### Supplications for Warding off Evil Whisperings

1. Surah Fuṣṣilat: 36
2. *Ṣaḥīḥ al-Bukhārī*: 6664
3. Abū Hurairah narrated that the Prophet ﷺ said, 'Satan comes to one of you and provokes you to wonder 'Who created such and such a thing, and who created such and such?' until he provokes you to wonder who created your Lord? When he casts such a whisper in your heart then seek refuge with Allah and cast aside the whisper.' [*Ṣaḥīḥ al-Bukhārī*: 3276]
4. 'Uthmān bin Abū al-'Ās ؓ came to Allah's Messenger ﷺ and said, 'O Allah's Messenger ﷺ, the Satan intervenes between me and my prayer and my reciting of the Qur'ān and he confounds me.' Thereupon Allah's Messenger ﷺ said, 'That is (the doing of Satan) who is known as *Khinzab*, and when you perceive his affect, seek refuge with Allahﷻ from him ('*Audhubillahi minash shaitān...*) and spit three times to your left.' Uthman ؓ said, 'I did that and Allahﷻ dispelled Satan from me.' [*Ṣaḥīḥ Muslim*: 5738]
5. 'A'ishah ؓ narrated, 'Whenever the Prophet ﷺ went to bed at night, he would cup his hands together and blow in them after reciting Al-Iklās, Al-Falaq and Al-Nās. He would then pass his hands over whatever part of his body he was able to reach, starting with his head, face and front. He would do that three times.' [*Ṣaḥīḥ Bukhārī*: 5748]
6. O my Lord! I seek refuge in You from the incitements of the Satans, and I seek refuge in You, my Lord, lest they be present with me. [Al-Mu'minūn: 97-98]
7. Abū Sa'īd al-Khudri ؓ narrated, 'When the Messenger of Allah ﷺ, got up to pray at night (i.e Tahajjud prayer) he pronounced the *Takbir (Allāhu Akbar)* and then said,  
سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَعَالَى عَمَّا يُشْرِكُونَ  
He then said, لَا إِلَهَ إِلَّا اللَّهُ three times,  
then اللَّهُ أَكْبَرُ كَثِيرًا three times  
and then  
أَعُوذُ بِأَلَلهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ هَمِّهِ وَنَفْسِهِ وَنَفْيِهِ

I seek refuge in Allah, the All-Hearing, the All-Knowing, from Satan, the rejected, from his incitement, from his blowing, and his spittle. he then recited (the Qur'ān).<sup>1</sup> [*Sunan Abū Dawūd: 775*] *Ṣaḥīḥ*

8. Abū Zumail (Samak bin Walid Hanafi) رحمہ اللہ said, I asked Ibn 'Abbās رضی اللہ عنہ, 'What should be done about the feeling I find in my heart?' He asked, 'What is it?' I replied, 'I swear by Allah سبحانہ, I cannot speak about it.' He asked me, 'Is it doubt?' and he laughed. He then said 'No one can escape that! Allah, the Exalted, has revealed,

﴿لَإِنْ كُنْتَ فِي شَكٍّ مِّمَّا أَنْزَلْنَا إِلَيْكَ فَسْأَلِ الَّذِينَ يُقْرَأُونَ الْكِتَابَ﴾

So if you are in doubt, [O Muḥammadﷺ], about that which We have revealed to you, then ask those who have been reading the Scripture before you...! [Yūnus: 94]

He said, 'If you find something in your heart, then say:

هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ ۚ وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ.

He is the First and the Last, the Ascendant and the Intimate, and He is, of all things, Knowing. [Al-Hadid: 3] [Sunan Abū Dawūd: 5110] Hasan

9. Abdullah bin 'Abbās رضي الله عنه narrated: A man came to the Prophet ﷺ and said, 'O Messenger of Allah ﷺ! One of us has thoughts of such nature that he would rather be reduced to charcoal than speak about them.' He ﷺ said,

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ الْحَمْدُ لِلَّهِ الَّذِي رَدَّ كَيْدَهُ إِلَى الْوَسْوَةِ.

Allah is the Greatest, Allah is the Greatest, Allah is the Greatest, all praises be to Allah Who has reduced his (Satan's) guile to evil prompting [i.e. did not let such thoughts turn into conviction or action].  
[Sunan Abū Dāwūd: 5112] Saḥīh

### For Warding off Evil Eye

2. Abū Saʿīd al-Khudrī رضي الله عنه reported that some people amongst the companions of Allah's Messenger ﷺ set out on a journey and happened to pass by a tribe from the tribes of Arabia. They requested hospitality from the members of that tribe, but they did not extend any to them. Then a scorpion stung their chief, and they came to the companions asking, "Is there anyone to do incantation amongst you?" A person



amongst us said, 'Yes'. So he came to him and he practiced incantation through Surah Al-Fātiḥah and the chief became fine. That man was given a flock of sheep (as reward), but he refused to accept, saying, 'I shall mention it to Allah's Messenger ﷺ and if he approves of it then I will accept it.' So we came to Allah's Messenger ﷺ and mentioned it to him, and he (that person) said, 'O Messenger of Allah ﷺ I swear by Allah, I did not practice incantation but with Al-Fātiḥah.' The Messenger of Allah ﷺ smiled and said, 'How did you come to know that it can be used (as incantation)?' and said, 'Take of that and allocate a share for me along with your share.' [Al-Fātiḥah: 1-7] [Ṣaḥīḥ Muslim: 5733]

ii. 'Ā'ishah رضي الله عنها narrated, 'Whenever the Prophet ﷺ went to bed at night, he would cup his hands together and blow over it after reciting Al-Ikhlās, Al-Falaq and Al-Nās, and then he would rub his hands over whatever parts of his body he was able to rub, starting with his head, face and front of his body. He used to do that three times.' [Ṣaḥīḥ Bukhārī: 5748]

3. Ibn 'Abbās رضي الله عنه narrated, the Prophet ﷺ used to seek refuge for Al-Ḥasan رضي الله عنه and Al-Ḥussain رضي الله عنه with:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَةٍ وَمِنْ كُلِّ غِيٍّ لَئِيمٍ.

I seek refuge in the complete, perfect words of Allah from every Satan and poisonous pest and every evil (i.e. harmful, envious) eye. and said, 'Your forefather (i.e. Ibrahim رضي الله عنه) used to seek refuge with Allah ﷻ for Isma'il رضي الله عنه and Ishāq رضي الله عنه by reciting these words.' [Ṣaḥīḥ al-Bukhārī: 3371]

4. Abū Sa'īd رضي الله عنه reported, Jibra'il رضي الله عنه came to Allah's Messenger ﷺ and said, 'O Muḥammad رضي الله عنه, have you fallen ill?' Thereupon he ﷺ said 'Yes'. Jibra'il رضي الله عنه said,

بِاسْمِ اللَّهِ أَزِيْقُكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيْكَ مِنْ شَيْءٍ  
كُنْ نَفْسِي أَوْ غَيْبِي خَاسِدًا، اللَّهُ يَنْفِيْكَ بِاسْمِ اللَّهِ أَزِيْقُكَ -

In the name of Allah, I blow on you (to remove from you) all that harms you, and from the evil of every soul or envious eye; May Allah cure you; in the name of Allah, I blow on you. [Ṣaḥīḥ Muslim: 5700]

5. Ā'ishah رضي الله عنها narrated that once Jibra'il رضي الله عنه read this du'ā when the Prophet ﷺ was ill,

بِاسْمِ اللَّهِ يُبْرِئُكَ وَمِنْ كُلِّ دَاءٍ يَنْفِيْكَ وَمِنْ شَيْءٍ خَاسِدٍ إِذَا عَسَدَ وَشَيْءٍ كُنَّ دُفَى غَيْبِي.

In the name of Allah, may He cure you and from every illness heal you, and (protect you) from the evil of one who envies when he envies and from the evil of every one with an (evil) eye. [Ṣaḥīḥ Muslim: 5699]

### For Protection against Magic

1. Refer to the 'Supplications for morning and evening', 'Supplications for protection', 'Supplications for healing' for references.

2. i) Abū Hurairah رضي الله عنه narrated that Allah's Messenger ﷺ deputed me to keep *Sadaqāt (al-Fiṭr)* of Ramaḍān. Someone came and began taking handfuls of the foodstuff (of the *Sadaqah*). I took hold of him and said, 'By Allah ﷻ, I will take you to Allah's Messenger ﷺ.' Then Abū Hurairah رضي الله عنه described the entire incident and said, that person said (to me), 'Whenever you go to bed, recite *Āyat al-Kursī*-

﴿اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْعَلِيُّ الْكَبِيمُ ۚ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ۚ لَمْ يَلَمْسِ السُّجُوتَ وَمَا فِي الْأَرْضِ  
مِنْ ذَا الدُّنْيَا يُفْلِعْ عَندهُ إِلَّا بِأَمْرِهِ ۚ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۚ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ  
إِلَّا بِمَا شَاءَ ۚ وَسِعَ كُرْسِيُّهُ السَّمُوتَ وَالْأَرْضَ ۚ وَلَا يَئُودُهُ حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ الْعَظِيمُ ۝﴾

(If you do so), Allah ﷻ will appoint a guard for you who will stay with you and no Satan will come near you until the morning.' (When the Prophet ﷺ heard the story) he ﷺ said, 'He spoke the truth, although he is an absolute liar, and it was Satan.' [Al-Baqarah: 255] [Ṣaḥīḥ al-Bukhārī: 5010]

ii) 'Ā'ishah رضي الله عنها narrated, 'Whenever the Prophet ﷺ went to bed at night, he would cup his hands together and blow in them after reciting Al-Ikhlās, Al-Falaq and Al-Nās; then he would pass his hands over whatever parts of his body he was able to reach, beginning from his head, face and front of the body. He would repeat this three times.' [Ṣaḥīḥ Bukhārī: 5748]

3. I Nu'mān bin Bashīr رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'Indeed, two thousand years before creating the heavens and the earth, Allah ﷻ inscribed a writing from which He sent down two verses,

with which He concluded Surah Al-Baqarah. Satan will not come near a house in which they are recited for three nights.' [Sunan al-Dārimī, Vol: 2, 3387] *Ṣaḥīḥ*

ii) Abū Mas'ūd al-Badrī رحمته اللہ علیہ narrated that the Messenger of Allah ﷺ said, 'Whoever recites the last two verses of Surah al-Baqarah in the night, they are sufficient for him.' [Al-Baqarah: 285-286] *Ṣaḥīḥ al-Bukhārī: 4008*

4. 'Āmir bin Sa'd رحمته اللہ علیہ narrated from his father that he heard Allah's Messenger ﷺ saying, 'Whoever eats seven 'Ajwah dates in the morning will not be affected by magic or poison on that day.' *Ṣaḥīḥ al-Bukhārī: 5445*

5. Anas رحمته اللہ علیہ narrated that the Prophet ﷺ said,

غَيْرُكُمْ مَا تَلَاوْتُمْ بِهِ الْحِجَامَةَ

'The best of things with which you cure your self is cupping'. [Musnad Ahmad, Vol: 19, Ḥadīth: 12045] *Ṣaḥīḥ*

6. Listen to the audio lecture: 'Treatment of Magic, Evil Eye and Possession of Jinns' by Qārī Sa'd al-Ghāmadi: QO33

7. Abū Sa'd al-Khudrī رحمته اللہ علیہ narrated, 'When the Messenger of Allah ﷺ, got up to pray at night (i.e Tahajjud prayer) he would say the *Takbīr* (Allāhu Akbar) and then say,

[مُسِيحَاتِكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ]

He would then say, [لَا إِلَهَ إِلَّا اللَّهُ] three times,

then [اللَّهُ أَكْبَرُ حَمْدًا] three times

and then اَعُوْذُ بِاللّٰهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ هَمْزِهِ وَنَفْعِهِ وَتَقْوَاهِ.

I seek refuge in Allah, the All-Hearing, the All-Knowing, from Satan, the rejected, from his incitement, from his his blowing, and his spiteful. he would then recite (the Qur'an). [Sunan Abū Dawūd: 775] *Ṣaḥīḥ*

8. Ḥaiwah bin Shuraiḥ said, I met 'Uqbah Ibn Muslim and said to him, I have heard that you have narrated a ḥadīth on the authority of 'Abdullah bin 'Amr bin 'Aṣ رحمته اللہ علیہ that when the Prophet ﷺ would enter the Masjid he would say:

اَعُوْذُ بِاللّٰهِ الْعَظِيمِ وَبِرُوحِهِ الْكَرِيمِ وَسَلْطَانِهِ الْقَدِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ.

I seek refuge with Allah the Great, with His Noble Face and with His Eternal Authority from Satan, the rejected.

He said, 'Is that all?' I said, 'Yes.' He said, 'So when you say that, Satan says, 'he has been protected from me for the rest of the day.' [Sunan Abū Dawūd: 466] *Ṣaḥīḥ*

9. Abū Hurairah رحمته اللہ علیہ narrated Allah's Messenger ﷺ said, 'Whoever says:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْخِزْيَانَةُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

There is no true deity except Allah; the One and Only; there is no partner associated with Him; to Him belongs all Sovereignty and to Him belongs all Praise, and He over all things is Always All-Powerful. one hundred times a day will get the same reward as emancipating ten slaves, and one hundred good deeds will be written in his account, and one hundred sins will be deducted from his account, and it (his saying) will be a shield for him from Satan on that day till the evening, and nobody will be able to do a better deed except the one who does more (i.e. says it more) than he. [Ṣaḥīḥ Muslim: 6842]

### For Protection against the Evil of Jinn

1. [Bani Isrā'īl: 82]

2. Abū Hurairah رحمته اللہ علیہ reported Allah's Messenger ﷺ said, 'Do not make your homes into graveyards. Satan flees from the house in which Surah Al-Baqarah is recited.' [Ṣaḥīḥ Muslim: 1824]

3. Sulaimān bin Ṣard رحمته اللہ علیہ narrated, two men argued in the presence of the Prophet ﷺ, while I was also sitting in his company. One of them cursed the other in anger while his face was turning red. On that the Messenger of Allah ﷺ said, 'I know a word which if he says will cause his anger to depart.

اَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيمِ.

I seek refuge in Allah from the Satan the rejected.

Someone said to that man, do you not hear what the Prophet ﷺ said? He replied, 'I am not crazy (i.e. I will not say it)'. [Ṣaḥīḥ Bukhārī: 6115]

4. 'Abdul Aziz رحمته اللہ علیہ bin Suhaib narrated that I heard Anas رحمته اللہ علیہ say,



whenever the Messenger of Allah ﷺ went to answer the call of nature, he ﷺ used to say,

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْغُيُوبِ وَالْغَيَابِ.

I seek refuge in You from the impure male jinns and impure female jinns. [*Ṣaḥīḥ al-Bukhārī*: 142]

5. Anas bin Mālik ؓ narrated the Messenger of Allah ﷺ said, when a man goes out of his house and says:

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ.

In the name of Allah, I place my trust in Allah and there is no might nor power except with Allah.

then it will be said to him at that time, 'You are guided, you are defended, you are protected.' The Satans will go far from him and another Satan will say, 'How can you deal with a man who has been guided, defended and protected?' [*Sunan Abū Dawūd*: 5095] *Ṣaḥīḥ*

6. Ibn 'Abbas ؓ narrated the Messenger of Allah ﷺ said, 'If one of you wants to go to his wife, (for sexual relations) he should say,

بِسْمِ اللَّهِ، اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا.

In the name of Allah. O Allah, keep the Satan away from us and keep the Satan away from what (offspring) You bless us with.

and if a child is decreed for them, Satan will never be able to harm it' [*Ṣaḥīḥ al-Bukhārī*: 141]

7. The Messenger of Allah ﷺ said, the veil between the eyes of the jinns and the private parts of the children of Adam is that when one takes off his clothes he should say:

بِسْمِ اللَّهِ.

[*Ṣaḥīḥ al-Jāmi' al-Ṣaḥīḥ* wa Ziyādatih: 3610]

### Supplications for Healing

1. a. Al-Isrā': 82
- b. Yunus: 57

2. Honey:

فِيهِ شِفَاءٌ لِلنَّاسِ

'...in which there is healing for people.' [Al-Nahl: 69]

**Habbat al Saudā' - Black Seed (Nigella Sativa):** Khalid bin Sa'd ؓ narrated, 'I was travelling with Ghalib Bin Jabr that he fell ill. We reached Madinah while he was still unwell. Ibn Abī Atīq came to see him and he took 5 or 7 Black Seeds and ground them, mixed them in olive oil and dropped the mixture in both his nostrils. He then told a narration from 'A'ishah ؓ that the Prophet ﷺ said, 'there is cure in black seeds for all ailments except ṣām.' I asked him, 'what is ṣām?' he replied, 'Death'. [*Ṣaḥīḥ al-Bukhārī*: 5687]

**Zam Zam Water:** Jābir bin 'Abdullāh ؓ narrated that the Prophet ﷺ said, 'Zam Zam water is for the purpose for which it is consumed.' [*Sunan Ibn Majah*: 3062] *Ṣaḥīḥ*

**Rain Water:**

وَرَزَلْنَا مِنَ السَّمَاءِ مَاءً مُبَارَكًا

'And We have sent down blessed water from the sky.' [Qāf: 9]

**Olive Oil:** 'Umar bin Khaṭṭāb ؓ narrated that the Messenger of Allah ﷺ said 'Eat olive oil and massage with it because indeed it's from a blessed tree.' [*Sunan al-Tirmidhī*: 1852] *Ṣaḥīḥ*

3. i) Abū Sa'īd al-Khudrī ؓ reported that some people amongst the Companions of Allah's Messenger ﷺ set out on a journey and happened to pass by a tribe from the tribes of Arabia. They requested hospitality from the members of that tribe, but they did not extend any to them. Then a scorpion stung their chief, and they came to the Companions asking, 'Is there anyone to do incantation amongst you?' A person amongst us said, 'Yes'. So he came to him and he practiced incantation through Surah Al-Fātiḥah and the chief became fine. That man was given a flock of sheep (as reward), but he refused to accept, saying, 'I shall mention it to Allah's Messenger ﷺ and if he approves of it then I will accept it.' So we came to Allah's Messenger ﷺ and mentioned it to him, and he (that person) said, 'O Messenger of Allah ﷺ, I swear by Allah, I did not practice incantation but with Surah Al-Fātiḥah.' The Messenger of Allah ﷺ smiled and said, 'How did you come to know that it can be used (as incantation)?' and said, 'Take of that and allocate a share for me along with your share.' [*Ṣaḥīḥ Muslim*: 5733]

ii) Kharjah bin Ṣalt al-Tamīmī ؓ narrated from his uncle that he ؓ came to the Messenger of Allah ﷺ and embraced Islām. On his return

from the Messenger of Allah ﷺ, he passed by some people who had a lunatic fettered in chains. His people said, 'We have heard that your companion (i.e. Muhammad ﷺ) has brought some good. Have you something with which you can cure him?' I then recited Surah Al-Fatiḥah:

اَلْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِينَ ۝ الرَّحْمٰنُ الرَّحِيْمُ ۝ مَلِكُ يَوْمِ الدِّينِ ۝ اِيَّاكَ نَعْبُدُ وَاِيَّاكَ نَسْتَعِيْنُ ۝ اِهْدِنَا الصِّرَاطَ الْمُسْتَقِيْمَ ۝ صِرَاطَ الَّذِيْنَ اَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوْبِ عَلَيْهِمْ وَلَا الضَّالِّيْنَ ۝

(All) praise is (due) to Allah, Lord of the worlds. The Entirely Merciful, the Especially Merciful. Sovereign of the Day of Reckoning. You we worship and You we ask for help. Guide us to the straight path. The path of those upon whom You have bestowed favour, not of those who have evoked anger nor of those who are astray.

and he was cured. They gave me one hundred sheep. I then came to the Messenger of Allah ﷺ and informed him of what happened. He ﷺ asked, 'Did you say anything other than this?' I said, 'No.' He ﷺ said, 'Take it, for by my life, some accept it for a worthless incantation, but you have done so for a genuine one.' [Sunan Abū Dawūd: 3896] *Ṣaḥīḥ*

4. The supplication of Prophet Ayūb عليه السلام when he fell ill:

اَيُّ مَشْنَى الطُّرِّ وَاَنْتَ اَرْحَمُ الرَّحِيْمِيْنَ

Indeed, adversity has touched me, and You are the Most Merciful of the merciful. [Al-Anbiyā': 83]

5. 'Uthmān bin Abū Al-'Āṣ Al-Thaqafī عليه السلام reported that he complained to the Messenger of Allah ﷺ about the pain that he felt in his body at the time he had become Muslim. Thereupon the Messenger of Allah ﷺ said, put your hand at the place where you feel pain in your body and say three times:

بِسْمِ اللّٰهِ

and seven times say,

اَعُوْذُ بِاَللّٰهِ وَلَقَدْ تَوَسَّيْتُ شَرِّ مَا اَجِدُوْا اَحَادِثُ

I seek refuge in Allah and His Power from the evil that I find and that I fear. [Ṣaḥīḥ Muslim: 5737]

6. 'Abdullah bin 'Abbās عليه السلام narrated that the Messenger of Allah ﷺ said, 'If anyone visits a person who is sick whose time (of death) has not come, and reads for him seven times,

اَسْأَلُ الْمَلٰٓئِكَةَ الْعَظِيْمَةَ رَبِّ الْعَرْشِ الْعَظِيْمِ اَنْ يُشْفِيَكَ

I ask Allah, the Great, Lord of the Magnificent Throne, to cure you. Allah will cure him from that disease.' [Sunan Abū Dawūd: 3106] *Ṣaḥīḥ*

7. 'Ā'ishah رضي الله عنها narrated that when one of us would be unwell, the Messenger of Allah ﷺ used to pass his right hand over the place of ailment and used to say,

اَذِيْبِ الْبَاسَ رَبِّ النَّاسِ وَاَشْفِ اَنْتَ الشَّافِي، لَا شِفَاةَ اِلَّا بِغَاثِكَ شِفَاةً لَا يَخْدُوْا سَفَاةً

O Lord of mankind! Remove the disease and bring about healing as You are the Healer. There is no healing but Your Healing, a healing that leaves no ailment. [Ṣaḥīḥ Muslim: 5707]

8. 'Ā'ishah رضي الله عنها narrated that the Messenger of Allah ﷺ read,

اَسْمَحِ الْبَاسَ رَبِّ النَّاسِ يَبْدُوكَ الشِّفَاةَ لَا يَخْفِى الْكَرْبُ اِلَّا اَنْتَ

O Lord of mankind! Remove the disease. In your hand is all cure, there is no one to relieve sorrow and distress except You.

And then blew over him (the sick person). [Musnad Ahmad, Vol: 40, 24234] *Ṣaḥīḥ*

## Upon Visiting the Sick

### The Command to Visit the Sick

1. *Ṣaḥīḥ al-Bukhārī*: 5649

### The Virtue of Visiting the Sick

2. *Musnad Ahmad*: 975 [Ṣaḥīḥ], *Jamī' al-Tirmidhī*: 967, 969 [Ṣaḥīḥ]

3. *Ṣaḥīḥ Muslim*: 6556

### Supplications

4. Alī عليه السلام narrated, I was sick and the Messenger of Allah ﷺ came to visit me, as he entered he heard me saying 'O Allah ﷻ! If my death is near then grant me comfort, and if my death is far then make me stand (i.e. make me healthy) and if my test is certain then grant me patience.' Thereupon the Messenger of Allah ﷺ asked me, 'What are you saying?' So I repeated what I was saying, then the Messenger of Allah ﷺ nudged me with his foot and said,

اَللّٰهُمَّ عَافِهِ / اَللّٰهُمَّ اَشْفِهِ

O Allah, grant him well-being or O Allah, cure him (the transmitter was unsure). 'Alī ؓ said, 'After that I never suffered that illness again.' [Musnad Ahmad, Vol: 2, 637] *Ṣaḥīḥ*

5. Ibn 'Abbās ؓ narrated, Allah's Messenger ﷺ entered upon a sick man to pay him a visit, and said to him,

لَا بَأْسَ ظَهَرَ إِنْ شَاءَ اللَّهُ.

No harm, (this illness will be) a purification, if Allah wills. The man said, 'No, it is but a fever that is boiling within an old man and will send him to his grave.' On that, the Prophet ﷺ said, 'Then yes, it is so.' [Ṣaḥīḥ al-Bukhārī: 5662]

6. Ibn 'Abbās ؓ narrated, Allah's Messenger ﷺ said, 'Anyone who visits a sick person whose time has not yet come and says seven times in his presence:

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يُشْفِيكَ.

I ask Allah, the Great, Lord of the Magnificent Throne, to cure you. Allah will cure his illness. [Sunan Abū Dawūd: 3106] *Ṣaḥīḥ*

7. 'Ā'ishah ؓ narrated that the Messenger of Allah ﷺ read, أَذْهَبَ الْبَأْسَ رَبَّ النَّاسِ وَاشْفَى أَتَى الشَّافِي، لَا شِفَاءَ إِلَّا بِشِئَانِكَ شِفَاءً لَا يُغَادِرُ سَقَمًا. O Lord of mankind! Remove the disease. In your hand is all cure, there is no one to relieve sorrow and distress except You. And then blew over him (the sick person). [Musnad Ahmad, Vol: 40, 24234] *Ṣaḥīḥ*

### On Seeing Someone in Illness or Trial

Abū Hurairah ؓ reported that the Prophet ﷺ said, 'If one sees an afflicted person and says,

أَلْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ وَفَقَّنَنِي عَلَى كَثِيرٍ مِمَّنْ خَلَقَ تَفْضِيلًا.

All praise is for Allah, Who saved me from that which He tested you with and favoured me over much of His creation. he will be saved from that affliction.' [Sunan al-Tirmidhī: 3432] *Ṣaḥīḥ*

### On Receiving Unfortunate News

Umm Salamah ؓ heard the Messenger of Allah ﷺ say, 'Whosoever is inflicted by a misfortune and then says a supplication that Allah has

commanded him to say,

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ، اللَّهُمَّ اجْزِنْ فِيْ مُصِيبَتِيْ وَأَخْلِفْ لِيْ خَيْرًا مِنْهَا.

Indeed we belong to Allah, and indeed to Him we will return. O Allah, recompense me for my affliction and replace it for me with something better. then Allah ﷻ will bestow him with a better substitute.' [Ṣaḥīḥ Muslim: 2126]

### Supplications for the Forgiveness of the Deceased

1. Yazīd bin 'Abdullah bin Rakāna bin Muṭṭalib reported, when the Messenger of Allah ﷺ stood for a funeral prayer he would say,

اللَّهُمَّ عَمَلَكَ وَإِسْمَكَ اخْتِصَخْ إِلَى رَحْمَتِكَ وَأَنْتَ غَيْرِيْ عَنْ عَذَابِهِ إِنْ كَانَ مُخْتَصِمًا فَرِّدْ فِيْ احْتِسَابِهِ وَإِنْ كَانَ مُسَيِّئًا فَتَجَاوَزْ عَنْهُ.

O Allah, Your male slave and the son of Your female slave is in need of Your mercy, and You are without need of punishing him. If he was pious then increase his rewards and if he was a sinner then pardon him. [Al-Mustadark lil Ḥakīm, Vol: 1, Ḥadīth: 1368] *Ṣaḥīḥ*

2. Wāthilah bin al-Asqa' ؓ reported, the Messenger of Allah ﷺ led us in a funeral prayer of a Muslim man and I heard him say:

اللَّهُمَّ إِنْ فَلَانُ بْنُ فَلَانٍ فِيْ ذِمَّتِكَ فَقِهِ مِنْ فِتْنَةِ الْقَبْرِ.

O Allah, so and so, son of so and so, is in Your protection, so guard him from the trial in the grave.

Whereas 'Abdur Raḥmān ؓ in his version said:

فِيْ ذِمَّتِكَ وَخَبَلٍ جَوَارِكَ فِقِهِ مِنْ فِتْنَةِ الْقَبْرِ وَعَذَابِ النَّارِ وَأَنْتَ أَهْلُ الْوَفَاءِ وَالْحَقِّ، اللَّهُمَّ لَا تُغْفِرْ لَهُ وَإِرحمَهُ إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ.

...is under Your care and protection, so save him from the trial of the grave and from the punishment of the Fire. You fulfil promises and grant rights. O Allah, forgive him and have mercy on him, surely You are the Most Forgiving, the Most Merciful. [Sunan Abū Dawūd: 3202] *Ṣaḥīḥ*

3. Umm Salamah ؓ narrated that the Messenger of Allah ﷺ visited

Abū Salamah whose eyes remained open (after his death), so he closed them and said, 'when the soul departs the body, the sight follows it.' The members of his household began to cry. So the Messenger of Allah ﷺ advised them, 'Do not supplicate for anything for yourselves except that which is good because the angels say *Amin* on your supplication.' Then, he prayed:

اَللّٰهُمَّ اغْفِرْ لَآبِيْ سَلَمَةَ وَارْزُقْ ذُرِّيَّتَهُ فِي الْمُهْدِيَّتَيْنِ وَارْحَلْهُ فِي عَقْبِهِ فِي الْغَابِرَيْنِ وَارْحَمْ لَنَا وَلَهُ  
بَارِئَ الْعَالَمِيْنَ اَلْحَسْبُ لَكَ فِي قَبْرِهِ وَتَوْرَ لَكَ فِيْهِ.

O Allah! Forgive him and raise his degrees amongst the guided ones. Make for him a successor from among the people that remain. O Lord of the worlds! Forgive us and forgive him. Expand for him his grave and illuminate it for him. [Saḥīḥ Muslim: 2130]

4. Abū Hurairah ؓ narrated that the Messenger of Allah ﷺ offered a funeral prayer and said:

اَللّٰهُمَّ اغْفِرْ لِحَيَاتِهِ وَنَبَاتِهِ وَضَعْبِهِ وَكَبِيرِهِ وَذَكَرْتَنَا وَاشْهَدْنَا وَغَابَتْنَا، اَللّٰهُمَّ مِنْ اَحْيَيْنَا وَمَا  
فَلَّاحِيْهِ عَلَى الْاِيْمَانِ وَمَنْ تَوَفَّيْتَهُ مَا فَتَوَفَّاهُ عَلَى الْاِسْلَامِ، اَللّٰهُمَّ لَا تُعْرِمْنَا اَجْرَهُ وَلَا تُصَلِّبْنَا بَعْدَهُ.

O Allah, forgive our living and our dead, our young and our old, our men folk and our womenfolk, those who are present and those who are absent. O Allah, whomever you give life from among us give him life in Faith, and whomever you take away from us take him away in Islām. O Allah, do not deprive us of his reward (for supplicating for the deceased) and do not lead us astray after him. [Sunan Abū Dawūd: 3201] Saḥīḥ

5. 'Auf bin Mālik ؓ reported, 'The Messenger of Allah ﷺ offered a funeral prayer and I memorized these words of his supplication:

اَللّٰهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ وَعَافِهِ وَاعْفُ عَنْهُ وَاعْحَرِّمْ لُزْلَهُ وَوَسْبَهُ مُدْخَلَهُ وَارْحَمِلْهُ بِالسَّاءِ وَالسَّالِحِ وَالزَّيْدِ  
وَقَدْ هُمَا بِالسَّالِحَاتِ حَمًّا نَقَّيْتَ الثُّرُبَ الْاَبْيَضَ مِنَ الدَّنَسِ وَابْدَلَهُ دَارًا خَيْرًا مِنْ دَارِهِ وَاهْلًا خَيْرًا مِنْ اَهْلِهِ  
وَرَزَقًا خَيْرًا مِنْ رَزْقِهِ وَادْخُلْهُ الْجَنَّةَ وَارْعُدْ مِنْ عَذَابِ الْقَبْرِ وَمِنْ عَذَابِ النَّارِ.

O Allah, forgive him and have mercy on him and grant him peace and pardon him. Receive him with honour and make his place of entry (in grave) spacious. Wash him with water, snow, and ice and cleanse him of his faults like a white garment is cleansed of stains. O Allah, substitute for him an abode better than his abode, a family better than his family

and a spouse better than his spouse. Admit him into Paradise and protect him from the torment of the grave and the torment of the Fire.

'Auf bin Mālik ؓ said, 'I wished I had been that dead man.' [Saḥīḥ Muslim: 2232]

### For a Deceased Child

6. Sa'd bin Al-Musayyab ؓ said, 'I once prayed behind Abū Hurairah ؓ (the funeral prayer) of a deceased child who had never done a wrong action and I heard him say,

اَللّٰهُمَّ اَعِزَّهُ مِنْ عَذَابِ الْقَبْرِ.

O Allah, protect him from the torment of the grave. [Al-Mu'aṭṭa li Imām Mālik, al-Jana'iz: 18]

7. Ḥasan al-Baṣrī ؓ used to recite Surah Al-Fātiḥah for a child's funeral and then say,

اَللّٰهُمَّ اجْعَلْهُ لَنَا سَلَفًا وَفَرْطًا وَاجْرًا.

O Allah, make him our forerunner, a treasure and (a means of) reward. [Saḥīḥ al-Bukhārī, Book of Funeral Prayers, Chapter: 65]

### Supplications for Forgiveness

1. Nūḥ: 10-12

2. Abū Hurairah ؓ narrated that the Prophet ﷺ said while narrating from his Lord, Glorified and Exalted, 'A servant (of Allah) committed a sin and said;

اَللّٰهُمَّ اغْفِرْ لِيْ ذَنْبِيْ.

O Allah, forgive me my sins.

And He said: 'My servant has committed a sin and has known that he has a Lord who forgives sins and punishes for them.' [Saḥīḥ Muslim: 6986]

3. 'A'ishah ؓ narrated that she said, 'O Messenger of Allah ﷺ! During the days of ignorance, the son of Jid'an would join the relations of kinship and feed the poor. Will these deeds benefit him on the Day of Judgment? The Messenger of Allah ﷺ replied, 'It will not benefit him because he did not once say,

رَبِّ اغْفِرْ لِيْ خَطِيْئَتِيْ يَوْمَ الدِّينِ.

My Lord, forgive me my sin on the Day of Recompense.' [Saḥīḥ Muslim: 518]

4. My Lord, forgive and have mercy, and You are the best of the merciful. [Surah Al-Mu'minūn: 118]

5. Our Lord, forgive me and my parents and the believers the Day the account is established. [Surah Ibrahim: 41]

6. Our Lord, indeed we have believed, so forgive us our sins and protect us from the punishment of the Fire. [Surah Āli 'Imrān: 16]

7. Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers. [Surah Al-A'rāf: 23]

8. Our Lord, forgive us our sins and the excess [committed] in our affairs and plant firmly our feet and give us victory over the disbelieving people. [Surah Āli 'Imrān: 147]

9. 'Ā'ishah ؓ reported that the Messenger of Allah ﷺ before his death recited often:

سُبْحَانَكَ وَيَعْبُودُكَ أَتَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ.

Glory be to You O Allah, and all praise be to You! I seek Your forgiveness and turn in repentance to You.

I said, 'O Messenger of Allah ﷺ, what are these words that I find you reciting?' He said, 'There has been made a sign for me in my Ummah; when I saw that (i.e. the sign), I uttered them (i.e. these words of glorification for Allah), and the sign is:

إِذَا جَاءَ نَصْرُ اللَّهِ وَالْفَتْحُ... الْح

When there comes the help of Allah ﷻ and the Conquest... (till the end).' [Ṣaḥīḥ Muslim: 1086]

10. 'Abdullāh bin 'Umar ؓ narrated, we counted that the Messenger of Allah ﷺ would say a hundred times during a gathering:

رَبِّ اغْفِرْ لِي وَرَبِّ عَلَى إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ.

My Lord, forgive me and turn towards me (to accept my repentance). Verily You are the Accepting of repentance, the always All Merciful. [Sunan Abū Dawūd: 1516] Ṣaḥīḥ

11. Abū Mālik Ashja'ī ؓ narrated from his father that the Messenger of Allah ﷺ taught this supplication to anyone who accepted Islam:

اَللّٰهُمَّ اغْفِرْ لِيْ وَارْحَمْنِيْ وَاهْدِنِيْ وَارْزُقْنِيْ .

O Allah, forgive me and have mercy on me and guide me and provide for me. [Ṣaḥīḥ Muslim: 6849]

12. Zaid ؓ narrated that I heard that the Messenger of Allah ﷺ said, 'Whoever says:

اَسْتَغْفِرُ اللهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ.

I seek forgiveness from Allah, there is no true deity except Him. The Ever Living, the Self Subsisting and I turn (in repentance) towards Him. he is forgiven even if he has run away from the battlefield.' [Sunan Abū Dawūd: 1517] Ṣaḥīḥ

13. Abū Burdah narrated that upon completing his prayer, Abū Musa ؓ said,

اَللّٰهُمَّ اغْفِرْ لِيْ ذَنْبِيْ وَيَسِّرْ لِيْ اَمْرِيْ وَبَارِكْ لِيْ فِيْ رِزْقِيْ.

O Allah, forgive my sins, make my task easy and bless me in my livelihood. [Musṣannaḥ Ibn Abī Shaibah, Vol: 2, 3047]

14. Zaid ؓ narrated that I heard that the Messenger of Allah ﷺ said, 'Whoever says:

اَسْتَغْفِرُ اللهَ الْعَظِيمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ.

I seek forgiveness from Allah - the Most Great, there is no true deity except Him. The Ever Living, the Self Subsisting and I turn (in repentance) towards Him. he is forgiven even if he has run away from the battlefield.' [Sunan al-Tirmidhī: 3577] Ṣaḥīḥ

15. Ibn 'Umar ؓ narrated that once as I sat with the Messenger of Allah ﷺ, I heard him seek forgiveness a hundred times. Then he said,

اَللّٰهُمَّ اغْفِرْ لِيْ وَارْحَمْنِيْ وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ.

O Allah, forgive me and have mercy on me and turn towards me (to accept my repentance). Verily You are the Accepting of repentance, the always All Merciful. [Musnad Ahmad, Vol: 9, 5354] Ṣaḥīḥ

16. 'Imran bin Huṣayn ؓ narrated that the Messenger of Allah ﷺ often supplicated,

اَللّٰهُمَّ اغْفِرْ لِيْ مَا اَعْطَاكَ وَمَا تَعَمَّدْتُ وَمَا اَسْرَوْتُ وَمَا اَعْلَنْتُ وَمَا تَجَهَّلْتُ.

O Allah, forgive for me my mistakes, what I have done deliberately, secretly and openly, in ignorance and intentionally. [Musnad Ahmad, Vol: 33, 19925] *Ṣaḥīḥ*

17. Zuhair Anmārī رحمته الله narrated that when the Messenger of Allah ﷺ came to his bed he said,

اَللّٰهُمَّ اغْفِرْ لِيْ وَارْحَمْنِيْ وَتَقَبَّلْ مِنِّيْ وَاجْعَلْنِيْ فِي الْيَوْمِ الْاٰخِرِ

O Allah forgive me, drive away my Satan, free my soul (from the Hell-fire), make my scales heavy and place me in the highest assembly (i.e. the angels). [Al-Mustadark lil Hākim, Vol: 2, 2026] *Ṣaḥīḥ*

18. Mihjan bin Adra' رحمته الله narrated that the Messenger of Allah ﷺ came to the masjid, he saw a man who had completed his prayer and was reading the *tashahud*. He was saying,

اَللّٰهُمَّ اِنِّىْ اَسْأَلُكَ يَا اَللّٰهُ الْاَعْلٰى

الصُّمَّةَ، الَّذِىْ لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَكَ حِفْوَ اَحَدًا اَنْ تَغْفِرَ لِيْ ذُنُوْبِيْ اِنَّكَ اَنْتَ الْغَفُوْرُ الرَّحِيْمُ

O Allah, indeed I ask You, O Allah, the One, the Eternal Refuge, the One Who neither begets nor is born, nor is there to Him any equivalent that You forgive for me my sins. Indeed You are the Most Forgiving, the Especially Merciful.

The Messenger of Allah ﷺ said, 'he has been forgiven, he has been forgiven' three times. [Sunan Abū Dawūd: 1517] *Ṣaḥīḥ*

19. Abū Mūsā Al-Ash'arī رحمته الله narrated that the Messenger of Allah ﷺ used to supplicate,

اَللّٰهُمَّ اغْفِرْ لِيْ عَظِيْبَتِيْ وَجَهْلِيْ وَاسْرِاْلِيْ فِىْ اَمْرِىْ...

O Allah, forgive my faults, my ignorance and my excess in my affairs, You are better aware of my faults than myself. O Allah, forgive my faults which I committed in fun or in seriousness, inadvertently or deliberately and all of these (attributes) are within me. [Ṣaḥīḥ Bukhārī: 6399]

20. 'Aḏī bin Abū Ṭālib رحمته الله narrated that the Messenger of Allah ﷺ would say before *tashahud* and pronouncing the salutation (i.e., before ending the Ṣalāh),

اَللّٰهُمَّ اغْفِرْ لِيْ مَا قَدَّمْتُ وَمَا اَخَّرْتُ وَمَا سَرَرْتُ...

O Allah, forgive me what I have sent before me and what I have left

behind me, what I have concealed and what I have done openly, what I have done in excess, and what You are better aware of than I. You are the One Who sends forth and You are the One Who delays. There is no true deity except You. [Ṣaḥīḥ Muslim: 1812]

21. Shaddad bin Aws رحمته الله reported that the Messenger of Allah ﷺ said, 'The best supplication for forgiveness is to say,

اَللّٰهُمَّ اَنْتَ رَبِّىْ لَا اِلٰهَ اِلَّا اَنْتَ خَلَقْتَنِيْ وَاَنْعَمْتَ عَلَيَّ وَوَعَدْتَكَ مَا سَأَلْتُكَ اَعُوْذُ بِكَ مِنْ شَرِّ مَا صَنَعْتَ اَتُوْءُ لَكَ بِبِعْمِيْكَ عَلَيَّ وَ اَتُوْءُ بِذُنُوْبِيْ فَاغْفِرْ لِيْ اِنَّهٗ لَا يَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ.

O Allah! You are my Lord, there is no true deity except You. You created me and I am your servant, I abide by Your covenant and promise to the best of my ability. I seek refuge with you from the evil of which I have committed I acknowledge Your blessings upon me and I acknowledge my sin, so forgive me for verily none forgives sins except You.'

The Messenger of Allah ﷺ added, 'If somebody recites this during the day with firm faith in it, and dies on the same day before the evening, he will be one of the people of Paradise. And if somebody recites it at night with firm faith in it, and dies before the morning, he will be one of the people of Paradise.' [Ṣaḥīḥ al-Bukhārī: 6306]

22. Shaddad bin Aws رحمته الله narrated that the Messenger of Allah ﷺ said, 'O Shaddad bin Aws! When you find people collecting treasures of gold and silver, read these words excessively

اَللّٰهُمَّ اِنِّىْ اَسْأَلُكَ الْفَاتَ فِيْ الْاَمْرِ...

O Allah, indeed I ask You for steadfastness upon deen and firmness upon guidance. And I ask You for that which makes Your mercy incumbent and the things that necessitate Your forgiveness. And I ask You for the capacity to be grateful for Your blessings and to worship You in a beautiful manner. And I ask You for a sound heart and a truthful tongue. And I ask You for all goodness that You know of and I seek refuge in You from all evil that You know of and I seek forgiveness from all that You know of. Indeed, it is You who is the Knower of the unseen.' [Al-Mu'jam al-Kabīr al-Ṭabarānī, Vol: 7, 7135] *Ṣaḥīḥ*

23. Thawbān رحمته الله narrated that each time the Messenger of Allah ﷺ finished his Ṣalāh, he would say three times,

اَسْتَغْفِرُكَ اَللّٰهُ.

[Ṣaḥīḥ Muslim: 1334]

24. 'Ā'ishah رضي الله عنها narrated that the Messenger of Allah ﷺ often said while bowing and prostrating,

سُبْحَانَكَ اللَّهُمَّ زَيْنَا وَبِحَسْبِكَ اللَّهُمَّ أَغْفِرْ لِي.

Glory be to You, O Allah, our Lord, and all praise be to You. O Allah, forgive me. *[Ṣaḥīḥ Muslim: 1085]*

25. Abū Hurairah رضي الله عنه reported, the Messenger of Allah ﷺ used to say in his prostration:

اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي كُلَّهَا وَجَلِّهِ وَأَوَّلَهُ وَآخِرَهُ وَعَلاَئِيهِ وَسِرَّهُ.

O Allah, Forgive me all my sins, small and great, first and last, open and secret. *[Ṣaḥīḥ Muslim: 1084]*

26. Abū Bakr Ṣiddiq رضي الله عنه reported that he said to Allah's Messenger ﷺ, 'Teach me a supplication which I should recite in my prayer.' Thereupon he ﷺ said, recite:

اللَّهُمَّ إِنِّي ظَلَمْتُكَ ظَمًّا عَظِيمًا.

كَبِيرًا وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ لَا غَيْرَ لِي مَغْفِرَةٍ مِّنْ عِنْدِكَ وَأَرْحَمِينَ إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ.

O Allah, indeed I have wronged my soul greatly, and none can forgive sin except You. So, forgive me and grant me a great forgiveness from Yourself and have mercy upon me. Surely, You are the Most Forgiving, the Most Merciful. *[Ṣaḥīḥ Muslim: 6842]*

27. 'Abdullāh bin 'Umar رضي الله عنه narrated, that the Messenger of Allah ﷺ would say a hundred times before rising from a gathering:

رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الْغَفُورُ.

My Lord, forgive me and turn towards me (to accept my repentance). Verily You are the Accepting of repentance, the Oft Forgiving. *[Sunan al-Tirmidhī: 3434] Ṣaḥīḥ*

28. Abū Barzah Aslamī narrated that during the last days of his life after rising from a gathering, the Messenger of Allah ﷺ would say:

سُبْحَانَكَ اللَّهُمَّ وَبِحَسْبِكَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ.

Glory be to You O Allah, and all praise be to You! I bear witness that there is no true deity except You, I seek Your forgiveness and turn in repentance to You, I have committed wrong deeds and have oppressed my soul, so forgive me, indeed no one can forgive sins except You.

A man asked, 'What are these words that you speak which you did not say before?' He ﷺ said, 'This is the atonement for a gathering.' *[Sunan Abū Dāwūd: 4859] Ḥasan Ṣaḥīḥ*

## For Relief from Sorrow and Distress

1. Fuḍālāh bin 'Ubad رضي الله عنه narrated, 'The Messenger of Allah ﷺ said, 'Man is protected from every trial so long as he continues to seek forgiveness.' *[Musnad Ahmad, Vol: 39, 23953] Ḥasan*

2. The Prophet ﷺ said, 'Whoever says:

لَا إِلَهَ إِلَّا اللَّهُ.

There is no true deity except Allah. It will become a source of salvation for him at some point in time and whatever he suffered before that has been suffered.' *[Silsilah al-Ṣaḥīḥah: 1932]*

3. Abū Hurairah رضي الله عنه narrated that the Messenger of Allah ﷺ said to me, 'Should I not teach you some words that are from under the Throne and from amongst the treasures of Paradise? Say,

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ.

There is no power or might except with Allah.' *[Ṣaḥīḥ al-Targhib wal-Tarhīb]*

4. Ibn Abbās رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'The words:

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ.

Sufficient for us is Allah, and [He is] the best Disposer of affairs. were uttered by Ibrāhīm عليه السلام when he was thrown in the fire. It was also uttered by Muḥammad ﷺ when the people said to frighten the believers, 'A great army is gathering against you, therefore, fear them,' but it only increased their faith and they said: 'Allah is Sufficient for us, and He is the Best Disposer of Affairs.' *[Ālī 'Imrān: 173] [Ṣaḥīḥ al-Bukhārī: 4563]*

5. Anas bin Mālik رضي الله عنه said that when the Prophet ﷺ, was faced with a serious difficulty, he would always supplicate:



اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَارْزُقْنِي.

6. When Prophet Ya'qūb عليه السلام was deeply grieved by the hurtful actions of his sons, he said:

I only complain of my suffering and my grief to Allah. [Yusuf: 86]

7. Asmā' bint 'Umais ؓ narrated that the Messenger of Allah ﷺ said to me, 'Should I not teach you some words that you should say at the time of distress? Say:

اَللّٰهُ اَللّٰهُ رَبِّىْ لَا اُشْرِكُ بِهِ شَيْئًا.

Allah, Allah is my Lord, I do not associate anything with Him.' [Sunan Abū Dāwūd: 1525] *Sahih*

8. Abū Mālik رضي الله عنه narrated from his father that he heard that a man came to the Messenger of Allah ﷺ and said, 'O Messenger of Allah ﷺ! How should I call upon my Lord?' He ﷺ said, 'Join all your fingers together except for the thumb and pray:

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ.

O Allah, forgive me and have mercy on me and grant me well-being and provide for me.

Certainly, these words will amass your world and your hereafter.'  
[Sahīh Muslim: 6851]

9. Sa'd رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'The supplication made by the Companion of the Fish (Prophet Yūnus عليه السلام) in the belly of the fish was:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ.

There is no true deity except You; exalted are You. Indeed, I have been of the wrongdoers.

If any Muslim supplicates with these words, Allah will accept his supplication.' [*Jāmi' Al-Tirmidhī*: 3505] *Sahīh*

10. Anas bin Mālik رضي الله عنه narrated that the Messenger of Allah ﷺ used to supplicate,

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ سَهْلًا إِذَا شِئْتَ.

11. Anas bin Mālik رضي الله عنه reported: The Prophet ﷺ used to supplicate,  
 اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْبُخْلِ وَخِلَعِ الدُّنْيَا وَخِلَعِ الْإِسْخَالِ  
 O Allah, I seek refuge in You from anxiety and sorrow, from incapacity  
 and laziness, from cowardice and miserliness, from being burdened by  
 debt and from being overpowered by men.' [*Sahih al-Bukhari: 6369*]

12. ‘Abdur Raḥman bin Abī Bakrah رضي الله عنه reported that his father said, that the Messenger of Allah ﷺ said, the supplication for a distressed person is,

اَللّٰهُمَّ رَحِمْتَكَ اَرْجُوْ فَلَا تَكِلْنِيْ اِلَى نَفْسِيْ عَزِيزَةً عَيْنٍ وَ اَصْلَحْ لِيْ شَأْنِيْ كُلَّهُ لَا اِلَهَ اِلَّا اَنْتَ.

O Allah, I hope for Your mercy, so do not entrust me to myself even for as little as the blink of an eye, and set right for me all my affairs. There is no true deity except You.' [*Sunan Abū Dāwūd: 5090*] *Ṣaḥīḥ*

13. Ibn 'Abbās رضي الله عنه reported that at the time of difficulty the Messenger of Allah ﷺ used to say,

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَكِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ  
وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ.

There is no true deity except Allah, the Most Grand, the Ever Forbearing. There is no true deity except Allah, Lord of the magnificent Throne. There is no true deity except Allah, Lord of the heavens, Lord of the earth and Lord of the noble Throne.' [*Ṣaḥīḥ al-Bukhārī*: 6346] *Ṣaḥīḥ*

14. 'Alī عليه السلام bin Abū Ṭalib narrated, 'The Messenger of Allah ﷺ taught me these words and commanded me to read them in a time of distress or during any hardship,'

لَا إِلَهَ إِلَّا اللَّهُ الْحَلِيمُ الْكَرِيمُ، سُبْحَانَ اللَّهِ وَبَارَكَ اللَّهُ، رَبُّ الْعَرْشِ الْعَظِيمِ  
وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ .

There is no true deity except Allah, the Ever Forbearing, the Generous One, glorified is Allah and blessed is Allah, the Lord of the magnificent Throne and all praise is for Allah, Lord of the worlds.' [*Al-Mustadrak 'ala al-Sahihain lil-Hakim: 1916*] *Sahih*



15. 'Abdullāh bin Mas'ūd رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'When anyone is afflicted with sorrow or distress, he should say:

اَللّٰهُمَّ اِنِّىْ عَبْدُكَ، اِبْنُ اَمَتِكَ، نَاصِيَتِيْ يَدُوكَ، مَاضِيٌّ فِيْ حُكْمِكَ، عَدْلٌ فِيْ قَضَائِكَ، اَسْأَلُكَ بِكُلِّ اِسْمٍ هُوَ لَكَ سَمِيْعٌ يَدُوكَ اَوْ عَلَمَةٌ اَعْدَا بَيْنَ خَلْقِكَ، اَوْ اَنْزَلْتَهُ فِيْ كِتَابِكَ، اَوْ اَسْمَعَلْتَهُ فِيْ عِلْمِ الْعَرْشِ عِنْدَكَ، اَنْ تَجْعَلَ الْقُرْآنَ رِيْعًا لِّقَلْبِيْ وَتَوَضُّدِيْ وَجَلَاءَ حُزْنِيْ وَذَهَابَ هَمِّيْ.

O Allah, verily I am Your servant, the son of Your servant, the son of your maid-servant. My forelock is in Your hands, Your command continuously prevails over me, Your Decree concerning me is just. I beseech You by every one of Your names: those which You use to refer to Yourself, or have revealed in Your book, or have taught to any one of Your creation, or have chosen to keep hidden with You in the unseen, to make the Qur'an the springtime of my heart, the light of my chest, the dispelling of my grief, and the deportation of my anxiety.' [Musnad Ahmad, Vol: 6, 3712]

16. Ubbay bin Ka'b رضي الله عنه narrated that he asked, 'O Messenger of Allah ﷺ, I invoke excessive peace and blessing upon you. How much time should I devote for it in my supplication?' The Messenger of Allah ﷺ replied, 'As much as you wish'. He then asked, 'Should I dedicate a quarter of my time?' He ﷺ replied, 'As you wish, but if you increase this it would be better for you'. He further asked, 'Should I dedicate half of my time?' He ﷺ replied, 'As you wish, but if you increase this it would be better for you'. Then he asked, 'Should I dedicate two-thirds of my time?' He ﷺ replied, 'As you wish, but if you increase this it would be better for you'. Ubbay bin Ka'b رضي الله عنه then remarked, 'I will spend all my time of supplication by sending peace and blessings upon you!' The Messenger of Allah ﷺ said, 'In that case, you will be freed from concerns and your sins will be forgiven.' [Sunan al-Tirmidhi: 2457] Hasan

### Accepted Supplications

1. Abū Hurairah رضي الله عنه reported Allah's Messenger ﷺ said: 'The uttering of these words:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللهُ أَكْبَرُ.

Glory be to Allah, and all praise is for Allah, and none has the right to be worshipped except Allah, and Allah is the greatest.

is dearer to me than all that the sun rises upon.' [Ṣaḥīḥ Muslim: 6847]

2. Sa'd رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'The supplication made by the Companion of the Fish (Prophet Yūnus عليه السلام) in the belly of the fish was:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِيْنَ.

There is no true deity except You; exalted are You. Indeed, I have been of the wrongdoers.

If any Muslim supplicates with these words, Allah will accept his supplication.' [Jāmi' Al-Tirmidhi: 3505] Ṣaḥīḥ

3. Anas bin Mālik رضي الله عنه said, I was with the Prophet ﷺ when a man made supplication, saying,

يَا سَبْدِيعُ السَّمَوَاتِ يَا حَيُّ يَا قَيُّوْمُ إِنِّي أَسْأَلُكَ

O Originator of the heavens, O Ever Living, O Self Subsisting, indeed I ask You.

He ﷺ said, 'Do you know by what he has made supplication? By the One in whose hand my soul is! He has asked Allah by that Name with which if He is asked, He answers.' [Al-Adab al-Mufrad lil-Bukhārī: 705]

4. 'Abdullāh bin Buraidah رضي الله عنه reported that the Prophet ﷺ heard a man saying:

اَللّٰهُمَّ اِنِّىْ اَسْتَعِيْظُكَ بِاَنَّكَ اللهُ لَا إِلَهَ إِلَّا أَنْتَ الْوَاحِدُ الصَّمَدُ الَّذِيْ لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا اَحَدٌ.

O Allah, indeed I ask You, because I bear witness that indeed you are Allah, there is no true deity except You, the One, the Eternal Refuge, He neither begets nor is born, nor is there to Him any equivalent.

The Prophet ﷺ said, 'You have asked Allah by His greatest Name. When one supplicates by this Name He answers, and when one asks Him by this name, He grants.' [Sunan al-Tirmidhi: 3475]

5. Anas bin Mālik رضي الله عنه narrated, 'I was sitting with the Messenger of Allah ﷺ and a man was offering prayers, he then made a supplication:

اَللّٰهُمَّ اِنِّىْ اَسْأَلُكَ بِاَنَّ لَكَ الْحَمْدَ لَا إِلَهَ إِلَّا أَنْتَ الْغَنِيُّ بَدِيْعُ السَّمَوَاتِ وَالْأَرْضِ،

يَا ذَا الْجَلَالِ وَالْإِكْرَامِ يَا حَيُّ يَا قَيُّوْمُ.

O Allah, indeed I ask You because for You is all praise, there is no true

deity except You, the Benefactor, the Originator of the heavens and the earth. O Possessor of Majesty and Splendour, O Ever Living, O Self-Subsistent.

The Prophet ﷺ then said, 'he has supplicated to Allah using His Greatest name, when supplicated by this Name, He answers, and when asked by this Name He grants.' [Sunan Abū Dāwūd: 1495] *Ṣaḥīḥ*

6. 'Ubādah bin Al-Ṣāmit ؓ reported that the Prophet ﷺ said, 'Whoever wakes up at night and then says,

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ

قَدِيرٌ، الْحَمْدُ لِلَّهِ وَسُبْحَانَ اللَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا خَوْفٌ وَلَا فَتْرَةٌ إِلَّا لِلَّهِ.

There is no true deity except Allah Alone, no partner has He. To Him belongs the dominion and to Him belongs all praise and He is over all things All Powerful. All praise is for Allah and Glorified is Allah and there is no true deity except Allah and Allah is the Greatest and there is no power or might except with Allah.

and then says,  
O Allah, forgive me اللَّهُمَّ اغْفِرْ لِي  
then supplicates – he will be answered. And if he performs ablution and offers Ṣalah, his Ṣalah will be accepted.' [Ṣaḥīḥ al-Bukhārī: 1154]

### Supplications After Ṣalah

1. 'Abbās ؓ narrated that the conclusion of prayer by the Messenger of Allah ﷺ was recognized when we heard the *Takbīr* (Allahu Akbar). [Ṣaḥīḥ al-Bukhārī: 843]

2. , 3. Thawbān ؓ narrated that when the Messenger of Allah ﷺ concluded the prayer, he would say,

I seek forgiveness from Allah. اسْتَغْفِرُ اللَّهَ  
three times and said,

اَللّٰهُمَّ اَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ فَبَارِكْ يَا ذَا الْجَلَالِ وَالْاِكْرَامِ.

O Allah, You are Peace and from You is all peace, blessed are You, O Possessor of majesty and honour. [Ṣaḥīḥ Muslim: 1334]

4. Muādh bin Jabl ؓ narrated that the Messenger of Allah ﷺ held

my hand and said, 'I love you, O Muādh!' I replied, 'I also love you, O Messenger of Allah ﷺ!' The Messenger of Allah ﷺ said, 'Upon concluding every prayer, say,

رَبِّ اَعِنِّيْ عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ.

O my Lord, help me in Your remembrance, and in gratitude to You and in beautiful worship of You.' [Sunan al-Nasā'i: 1304] *Ṣaḥīḥ*

2. Barā' ؓ narrated that while we were praying behind the Messenger of Allah ﷺ and we preferred to stand to his right so that he would sit while facing us (after the prayer). I heard that he ﷺ was saying,

رَبِّ لِقِنِيْ عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ.

O my Lord, protect me from Your punishment on the Day Your slaves are resurrected. [Ṣaḥīḥ Muslim: 1642]

3. Mughīrah ؓ wrote to Mu'āwīyah bin Abū Sufyān ؓ that when the Messenger of Allah ﷺ concluded the prayer with *Taslim*, he said, '

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

اَللّٰهُمَّ لَا مَانِعَ لِمَا اَعْطَيْتَ وَلَا مُعْطِيَ لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَبَدِ مِنْكَ الْجَدُّ.

There is no true deity except Allah alone, having no partners. To Him belongs all sovereignty and praise and He is over all things, Omnipotent. O Allah, no one can prevent what You have willed to bestow and no one can bestow what You have willed to prevent, and no wealth or majesty can benefit anyone, as from You is all wealth and majesty. [Ṣaḥīḥ al-Bukhārī: 6330]

4. 'Alī ؓ bin Abū Ṭālib narrated that when the Messenger of Allah ﷺ concluded the prayer with *Taslim*, he said,

اَللّٰهُمَّ اغْفِرْ لِيْ مَا قُلْتُ وَمَا اَخْرَجْتُ وَمَا اَسْرَجْتُ وَمَا اَعْلَنْتُ وَمَا اَتَيْتُ اَعْلَمَ بِهِ مِنِّيْ

اَنْتَ الْمَقْدِمُ وَاَنْتَ الْمُؤَخِّرُ لَا إِلَهَ إِلَّا اَنْتَ.

O Allah, forgive me what I have sent before me and what I have left behind me, what I have concealed and what I have done openly, what I have done in excess, and what You are better aware of than I. You are the One Who sends forth and You are the One Who delays. There is no true deity except You.' [Sunan Abū Dāwūd: 760] *Ṣaḥīḥ*

5. Ibn Zubair رضي الله عنه narrated that after every prayer the Messenger of Allah ﷺ would say, '

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحُكْمُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّا إِيَّاهُ لَهُ الْبِقَعَةُ وَلَهُ الْفَضْلُ وَلَهُ الشَّاءُ الْحَسَنُ لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ.

There is no true deity except Allah alone, having no partners. To Him belongs all sovereignty and praise and He is over all things, Omnipotent. There is no might, or power except with Allah. There is no true deity except Allah and we worship none except Him. For Him is all favour, grace, and glorious praise. There is no true deity except Allah. We are sincere in our faith to Him, even though the disbelievers dislike it.' [Saḥīḥ Muslim: 1343]

6. Sa'd bin Abī Waqqāṣ رضي الله عنه taught these words to his children as one would teach them how to read and write and said that the Messenger of Allah ﷺ would seek refuge in Allah with these words after every prayer,

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ

الْجُبنِ وَأَعُوذُ بِكَ أَنْ أَرُدَّ إِلَى أَرْدَائِهِ الْعُمُرِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدُّنْيَا وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ.

O Allah! Verily I seek refuge in You from cowardice, and I seek refuge in You from being returned to an abject old age, and I seek refuge in You from the trials of the world and I seek refuge in You from the punishment of the grave. [Saḥīḥ al-Bukhārī: 2822]

7. Ka'ab bin 'Ujrah رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'After every obligatory prayers some invocations are such that their reader would never be deprived (of reward and ranks).

Glory be to Allah	33 times,	سُبْحَانَ اللَّهِ
All praise is (due) to Allah	33 times,	الْحَمْدُ لِلَّهِ
Allah is the Greatest	34 times.	اللَّهُ أَكْبَرُ

[Saḥīḥ Muslim: 1349]

8. 'Abū Naḍrah رضي الله عنه narrated that Ibn 'Abbas رضي الله عنه would say while standing on the podium, 'The Messenger of Allah ﷺ sought refuge from

four things after every obligatory prayer. He ﷺ said,

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ أَلْهَمُ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ النَّارِ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْفِتَنِ مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ أَلْهَمُ إِنِّي أَعُوذُ بِكَ مِنْ فِتْنَةِ الْأَعْيُنِ وَالْأَعْوَرِ الْكَذَّابِ.

O Allah, verily I seek refuge in You from the punishment of the grave. O Allah, verily I seek refuge in You from the punishment of the fire. O Allah, verily I seek refuge in You from all trials - apparent and hidden. O Allah, I seek refuge in You from trials of the one-eyed liar (i.e. Dajjal). [Musnad Ahmad, Vol: 4, 2778] Saḥīḥ

9. Abū Umāmah stated in the excellence of reciting Āyat al-Kursī after obligatory prayers that the Messenger of Allah ﷺ said, 'The one who recites Āyat al-Kursī after every obligatory prayer, only death is preventing his entry into Paradise.' [Al-Mu'jam al-Kabīr lil Ṭabarānī: 7532] Saḥīḥ

10. It has been reported from 'Uqbah bin 'Āmir رضي الله عنه that the Messenger of Allah ﷺ commanded him to read Mu'awwidhat (Al-Ikhlās, Al-Falaq and Al-Nās) after every obligatory prayer. [Sunan Abū Dāwūd: 1523] Saḥīḥ

### Supplication after Fajr Ṣalāh

11. The Mother of the believers, Umm Salamah رضي الله عنها narrated that after concluding the Fajr Ṣalāh with Taslīm, the Messenger of Allah ﷺ said,

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلًا مَقْبُولًا.

O Allah, I ask You for knowledge which is beneficial and sustenance which is pure, and deeds which are acceptable. [Sunan Ibn Majāh: 925] Saḥīḥ

12. The Messenger of Allah ﷺ said, 'The one who said,

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحُكْمُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

There is no true deity except Allah, alone, He has no partners. To Him belongs the dominion and to Him is due all praise and He is upon all things Always All-Able.

ten times after every fajr ṣalāh, will have ten good deeds recorded for him and ten bad deeds will be wiped away from his account and his

ranks will be raised ten times. He will be rewarded for freeing two slaves from the children of Isma'il ﷺ, and he has the same for him if he says them in the evening and additionally he will gain refuge from the Satan until morning.' [Al-Silsilah al-Ṣaḥīḥah: 113]

### Istikhārāh - Seeking Divine Counsel

Jābir bin 'Abdullāh ؓ narrated that Allah's Messenger ﷺ used to teach us the way of doing *Istikhārāh*, in all matters just like he taught us the Chapters of the Qur'ān. He used to say, If anyone of you intends to do something, he should offer two rak'at prayers other than the compulsory prayers, and after finishing it, he should say:

اَللّٰهُمَّ اِنِّىْ اَسْتَخِيْرُكَ بِعِلْمِكَ وَاسْتَعِيْزُكَ

بِقُدْرَتِكَ وَاسْأَلُكَ مِنْ فَطْرِكَ الْعَظِيْمِ فَانْكَ تَقْدِرُ وَلَا اَقْدِرُ وَتَعْلَمُ وَلَا اَعْلَمُ وَانْتَ عَلٰمُ الْغُيُوْبِ  
اَللّٰهُمَّ اِنْ كُنْتَ تَعْلَمُ اَنْ هٰذَا الْاَمْرَ خَيْرٌ لِّىْ فِيْ دِيْنِيْ وَدَعَايِيْ وَعَاقِبَةِ اَمْرِيْ فَاقْدُرْهُ لِيْ وَيَسِّرْهُ لِيْ ثُمَّ  
بَارِكْ لِيْ فِيْهِ وَاِنْ كُنْتَ تَعْلَمُ اَنْ هٰذَا الْاَمْرَ شَرٌّ لِّىْ فِيْ دِيْنِيْ وَدَعَايِيْ وَعَاقِبَةِ اَمْرِيْ فَاصْرِفْهُ عَنِّيْ  
وَاصْرِفْنِيْ عَنْهُ وَاَقْدِرْ لِيْ الْخَيْرَ حَيْثُ كُنْتُ ثُمَّ اَرْجِعْنِيْ بِهِ.

O Allah, verily, I seek the good with Your knowledge, and I seek the strength with Your power and I seek from Your mighty favour, for certainly You have power whereas I do not have any power. And You know and I do not know, and You have knowledge of the unseen. O Allah, in Your knowledge if this matter (for which the Istikhārāh is sought) is good for me in relation to my religion, my livelihood, and the end of my matter then decree it for me, make it easy for me and then grant me blessings in it. And in Your knowledge if this matter (for which the Istikhārāh is sought) is bad for me in relation to my religion, my livelihood, and the end of my matter then turn it away from me and turn me away from it, and decree for me good from wherever it may be and then make me be pleased with it. [Ṣaḥīḥ al-Bukhārī: 1116]



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## GLOSSARY

<i>'Ajwāh</i>	A kind of dates
<i>Asmā' al Husnā</i>	Beautiful Names
<i>Āyat al-Kursī</i>	Al-Baqarah: 255
<i>Dīn</i>	Religion
<i>Ḥadīth</i>	Words and Actions of the Prophet ﷺ
<i>Inshā' Allah</i>	If Allah wills
<i>Jibrīl</i>	Gabriel
<i>Jinn</i>	Genie
<i>Masnūn</i>	The Prophet ﷺ's precept, Sunnah
<i>Mu'awadhāt</i>	Al-Ikhlāṣ, Al-Falaq, Al-Nās
<i>raka'āt</i>	Units of prayer
<i>Ruqyah Sharī'ah</i>	The Islāmic words of incantation to remove the effect of magic
<i>Ṣalah</i>	Ritual prayer
<i>Ṣalawāt</i>	Sending peace and blessings upon Prophet Muḥammad ﷺ
<i>Sunnah</i>	The Way of Prophet Muḥammad ﷺ
<i>Taslīm</i>	Turning face to right and left at the end of the ritual prayer.
<i>Ummah</i>	Community (of Muslims)
<i>Zam zam</i>	The sacred water which sprang forth miraculously under the feet of Isma'īl when he was a baby
ﷻ	<i>Raḍī Allahu 'Anhu</i> - May Allah be pleased with him
ﷺ	<i>Sall Allahu 'Alaihi Wasallam</i> - May Allah shower his blessings upon him and grant him peace
ﷻ	<i>Subḥānahu wa Ta'ālā</i> - attributes of Allah which mean Glorified and Elevated
ﷻ	<i>Raḥimahuallah</i> - May Allah shower His mercy on him.

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- Diye Say Diya Jaley
- Imtihan To Ho Ga
- Insaan Allah Ki Nazar Main
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